

MR. THERM'S



COOKERY BOOK



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Cookery **BOOK**

*This book gives you over 130 recipes
of all kinds as well as many
useful hints to help you
to use your cooker
to the best
advantage*

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SOME USEFUL HINTS ON COOKING

By MR. THERM

This practical cookery book has been specially written to help you in getting the best out of your new cooker.

Every recipe and suggestion in this book has been tested by cookery experts. For each dish cooked in the oven you will notice that the right number at which to set the dial on the oven is given just underneath the recipe, as well as the time it should be left in the oven.

You will find several foundation recipes and rules, which you can add to or vary to suit your own particular taste.

If you have any difficulty in using your new cooker or in carrying out any of these recipes, ask one of our Home Service women to come round and see you. She will put you to no expense or obligation. It is her job to help you and all who use gas. If you would like her help, apply to your nearest showroom.



HOW TO USE THE COOKER

The Top Burners

The hot-plate has been specially planned so that you can use every inch of the top for cooking. The simmering burner has been put over the grill so that when you are using the grill there is enough heat to cook food slowly on top as well, without lighting the simmering burner. A special interlocking tap makes it impossible to light both burners at once. This idea saves the gas and prevents any waste.

When you want to do very slow cooking, or when you are using an earthenware casserole, you can reverse the centre bar so that the solid part fits over the simmering burner and spreads the heat.

The big burners are for quick boiling, and when they are being used the solid part of the side bars gives enough heat for warming up gravy or sauces or for keeping food hot.

The Grill

Put the grilling pan in place and then light the gas. It speeds up the grilling if a kettle of water or a saucepan is put over the grill—this helps to deflect the heat down on to the meat. Leave the gas full on till the grill gets red-hot. This usually takes about $1\frac{1}{2}$ minutes. When you take out the grilling pan it is a good plan to put the cake tray in its place to protect the enamel from the heat.

If you are not using the grill every day, the grill deflectors can be taken out and put back when wanted. This saves them from getting splashed with fat and makes less work when cleaning the cooker.

The Oven

First of all, turn the dial of the oven heat control to the number that corresponds to the recipe you are making. Arrange the shelves in the oven to suit the cooking, but remember that the lower half of the oven is cooler than the top half. This means that two dishes needing different temperatures can be perfectly well cooked at the same time. On p. 6 you will find some suggestions for menus that show you how to make full use of the oven in this way.

After setting the dial, turn the tap full on and light the gas. Leave the oven to heat up for a quarter of an hour, then put in the food. The heat is automatically regulated by the oven control so the gas tap must not be touched after it has been turned on full.

Leave a space on both sides of the tins and dishes in the oven so that the heat can circulate all round them.

When only one thing is being baked, a saucepan of vegetables or stewed fruit can be cooked in the oven at the same time, and this will save the gas you would have used for boiling them on the hot-plate. To take advantage of this, the cooking should be arranged so that as much as possible can be done in the oven at once.

Cooking a Dinner

To cook a joint, pastry (e.g. fruit pie) and a milk pudding :—

- (1) Put milk pudding on second shelf and heat oven for 15 mins. at No. 7.
- (2) Move milk pudding to base-plate, put pastry on 2nd shelf of oven and joint and potatoes on 5th.
- (3) Remove pastry when cooked and replace by Yorkshire pudding if required.

To keep food hot turn dial to 0 and keep the oven door closed.

SUGGESTED MENUS TO USE THE OVEN FULLY

(Quantities given are for 4 adults.)

Number 6. Time 45 minutes.

1. Roman Pie (see p. 31).
Boiled Potatoes (1½ lbs.).
Braised Peas (see p. 42) (2 lbs. with pods).
Baked Canary Pudding (see p. 48).

Heat the oven for 15 minutes at No. 6. Put the Roman Pie on the 3rd shelf. Potatoes and Pudding on the 6th shelf. Peas on the base-plate.

The Potatoes are covered with water, brought to the boil, and covered. An enamel pie dish covered with a greased paper will do if the saucepan will not fit into the oven.

Braised Peas. Use an enamel pie dish or basin, and toss the peas well in the melted butter for several minutes before putting into the oven.

Canary Pudding. Grease a pudding basin.

Roman Pie can be made in a pie dish or shallow cake tin.

Number 6. Time 40 minutes.

2. Stuffed Liver and Bacon (p. 31).
 Braised Marrow (p. 42), 1 medium.
 Creamed Potatoes (p. 44), 1 or 2 lbs.
 Savoury Cheese Pudding (p. 56).

Cheese Pudding and the *Braised Marrow* on the 3rd shelf in enamel pie dishes.

Liver and Bacon. 5th shelf in a meat tin or pie dish.

Creamed Potatoes. Base-plate.

For 1 lb. potatoes allow a teacupful of milk and water. Slice the potatoes into an enamel pie dish or basin. Bring to the boil, add pepper and salt. Cover closely.

These two menus are given as suggestions to guide you. In making up menus for yourself, choose dishes that take about the same length of time to cook. Put that which requires the hottest oven near the top of the oven and set the dial at the number stated for it. The lower shelf and the base-plate will then be correspondingly cooler and the other dishes can be arranged on them.

HOMELY MEASURES

If you have not got any proper scales, this table of homely measures will be useful to you.

Remember that you cannot expect good results, unless you measure the ingredients very carefully.

1 rounded tablespoonful of flour	..	..	1 oz.
1 „ dessertspoonful of flour	..	..	$\frac{1}{2}$ oz.
1 „ tablespoonful of sugar	..	..	1 oz.
1 teacupful of flour	..	..	$\frac{1}{4}$ lb.
1 „ of sugar	..	..	$\frac{1}{4}$ lb.
1 breakfastcupful of liquid	..	..	$\frac{1}{2}$ pt.
1 small teacupful of liquid	..	..	$\frac{1}{4}$ pt.

HOW TO USE THE OVEN

Turn the dial to the number shown on the chart and arrange the oven shelves as required. When cooking two or three things at once (as in a dinner) remember that the lower portion of the oven is cooler than the top, and arrange the various dishes accordingly. Turn the tap on full and light the gas. Allow the oven 15 minutes for heating up, then place the food in the oven. Arrange all tins and dishes so that there is a space at both sides for the circulation of hot air. **If the number shown is not the same for cooking and heating, alter the dial directly the food is placed in the oven.** Do not touch the oven tap at all during cooking, as the gas is automatically regulated by the thermostat.

THERMOSTAT CHART.

	Heat for 15 minutes at No.	Cook at No.	Position of oven shelves from top.	Approx. time for cooking from time of inserting food.
Biscuits				
Shortbread Fingers	5	5	2nd and 4th	15-20 mins.
Macaroons	4	4	3rd and 5th	25-30 mins.
Bread				
2 lb. Loaves	12	6	4th	1 hour.
Buns	6	6	3rd and 5th	20 mins.
Cakes				
Lunch or Plain Fruit Cake	5	5	4th	50 mins. per lb. of mixture.
Rich Fruit Cake	4	3	4th	1 hour per lb. of mixture.
Gingerbread	3	3	4th	1 1/4-2 hours.
Madeira Cake	4	4	4th	45 mins. per lb. of mixture.
Queen Cakes	6	6	3rd and 5th	15-20 mins.
Rock Cakes	6	6	2nd and 4th	15-20 mins.
Small Scones	9	9	2nd and 4th	7-10 mins.
Large Scones	8	8	3rd	15-20 mins.
Shortbread	3	3	3rd and 5th	3/4-1 hour.
Sponge Cake	3	3	4th	1-1 1/4 hours.
Sponge Sandwich	6	6	3rd and 5th	10-15 mins.
Swiss Roll	8	8	2nd	7-10 mins.
Victoria Sandwich	5	5	3rd and 5th	25-30 mins.
Casserole Cooking				
Stews (put in cold oven)	7	1	4th	2-4 hours.
Hot-Pot (without lid)	5	5	4th	2 hours.
Complete Dinner				
See below	7	7	See below.	Meat, see below. Yorkshire Pudding, 45-60 mins. Fruit Pie, 35-45 mins.

Joints, Poultry and Game

Beef (with bone)	6	6	4th	15 mins. per lb. + 15 mins.
Beef (without bone)	6	6	4th	20 mins. per lb. + 20 mins.
Lamb, Mutton	6	6	4th	20 mins. per lb. + 20 mins.
Pork, Veal	6	6	4th	25 mins. per lb. + 25 mins.
Chicken	6	6	4th	$3-1\frac{1}{2}$ hours.
Roast Rabbit	6	6	4th	$3-1\frac{1}{2}$ hours.
Duck	6	6	4th	$1\frac{1}{4}-1\frac{3}{4}$ hours.
Turkey	6	6	5th	15 mins. per lb. + 15 mins.

Meringues

Meringue for Puddings

Pastry

Fruit Pies	7	6th	15-20 mins.
Plate Tarts	7	3rd	40-45 mins.
Tartlets	7	3rd	40-45 mins.
Rough Puff, Puff, and Flaky	9	2nd and 4th	10-15 mins.
Meat Pie (raw meat)	8	2nd and 4th	10-15 mins.
Meat Pie (cooked meat)	8	4th	2-2 $\frac{1}{2}$ hours.
Sausage Rolls	7	5th	35-45 mins.
Choux	5	2nd and 4th	15-20 mins.

Puddings

Milk (put in cold oven)	7	3rd	1 $\frac{1}{2}$ -2 hours.
Custard	1	3rd	30-60 mins.
Yorkshire	7	3rd	35-45 mins.

Note: Meat Pie with raw meat—Cook at 8 for 25 mins. then lower to 2.

Cooking a Dinner.

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- (2) Move milk pudding to base-plate, put pastry on 2nd shelf of oven and joint and potatoes on 5th.
- (3) Remove pastry when cooked and replace by Yorkshire pudding if required.

To keep food hot turn dial to 0 and keep the oven door closed.

How to Use the Top Burners.

The grill and simmering burners are arranged one on top of the other to save turning on the simmering burner when the grill is alight. It is never necessary to use both burners at once. The grill burner gives enough heat for simmering above while grilling below.

The centre bar may be turned round, back to front, so that when very gentle and even heating is required, the simmering burner is covered with the solid portion. The side burners are intended for quick heating and the outer bars are not reversible.

HOW TO CLEAN THE COOKER

The Hot Plate

Use soft paper for wiping off the grease. If you do this regularly it will save a lot of work in getting off hardened grease and will prevent the enamel from getting stained. The enamel plate can be cleaned with soap on a damp cloth. It is not necessary to use a cleaning powder unless the enamel is badly stained.

When you want to give the bars and burners a thorough cleaning, they can be taken out quite easily. Wash them in hot water with soda in it, then drain the burners and dry them carefully before putting them back.

The Oven

It is a good plan to wipe out the oven every time it is used. This should be done while it is still warm, with a damp dish-cloth. If you do this, it will make the weekly clean a much easier job, because the grease cannot accumulate and discolour the oven.

To keep it looking nice, the oven should be cleaned once a week. Take out the grid shelves and gates and then clean the sides and the top of the oven with hot, soapy water and a little cleaning powder, such as *Mainamel*, which is specially made for cleaning enamel. After that, wipe out the oven with clean, warm water and dry as carefully as possible. Clean the gates and the grid shelves and put them back when the oven has been dried.

You need not take out the burners very often. They should only be washed now and again.

If the oven has been neglected and has got very dirty, *Kleenoff* is the best thing to use. Smear a thin coat of this on to the dirty places with an old dish mop, or piece of rag on the end of a stick. Leave it on for a few hours, or all night if the oven is extra dirty, then rinse it off with cold water and wipe over with a clean cloth to dry the oven thoroughly.

Be very careful not to let any *Kleenoff* get on to your skin. If possible wear an old pair of gloves and smear *Kleenoff* on to the back of the oven first and then on to the sides and front. Then rinse it off, starting from the front. By doing this there is no danger of the skin coming in contact with the *Kleenoff*.

RECIPES

SOUPS

There are several different kinds of soups. The better known ones are clear soups, cream soups and purées.

Most people do not realise what an essential part of a meal a well-made soup is or how important it is from the food-value point of view. A good soup stimulates the digestive juices, which makes the stomach ready for the more solid food. Another point, which should please the economical housewife, is that soup takes the edge off one's appetite and makes the joint go much further.

If you want the roast to go a long way remember to serve a good soup beforehand.

It is quite wrong to do away with soup just because it seems to be too much trouble to make. Soup costs practically nothing, especially a vegetable soup, and contains a great deal of nourishment.

These recipes for soups have been thought out in such a way that all the valuable mineral salts in the vegetables are made full use of and none wasted. The necessary fat, which you do not get from the vegetables, has been added in the form of butter or dripping.

To make a really good soup you must have a good stock as a foundation. This is the best way to make stock.

General Meat Stock

3 lbs. (about) bones.	1 onion.
Trimming from fresh meat or poultry.	1 turnip.
2 pennyworth of giblets.	1 carrot.
2 teaspoonsful salt.	1 stick celery.
2 quarts of water.	12 peppercorns.

Method.—Chop and wash the bones, cut up the meat, and prepare the giblets and vegetables. Put the meat and water into the stock-pot and bring slowly to the boil, skimming once or twice. Add the salt, peppercorns, and vegetables (cut in large pieces) and simmer for 3-4 hours. Strain into a basin.

It need not cost very much to add to the stock-pot, but do not think that everything can be put into the stock-pot without picking and choosing. Rice, potato, bread or other starchy food should not be used, and on no account add any green vegetables or tomatoes to the pot, because these will turn the stock sour.

You should clear out the stock-pot once a week, strain off the liquid, and start again with a fresh set of bones.

TO MAKE SECOND STOCK

Remove the vegetables and prepare fresh ones. Add these to the bones and cover with cold water. Season with salt and peppercorns. Simmer for 2-3 hours. Strain.

Purées

This is the main class of soup for the average household. Variety is easily obtained owing to the many vegetables available throughout the year.

Tomato Purée

1 lb. tomatoes.
1½ pints stock or water.
1 small onion, carrot and stick of celery.
Bunch of herbs.
1 oz. butter or dripping.
½ oz. cornflour (1 level dessertspoonful).
Seasoning.
A little sugar.
Some pieces of bacon rind or 1 oz. bacon.

Method.—Slice the vegetables. Melt the butter in a saucepan. Cook the bacon and vegetables for a few minutes, do not allow to brown. Add the stock, the bunch of herbs, and a little salt and sugar. Cook until tender. Rub through a hair sieve and return to the pan. Add the cornflour mixed to a smooth paste with a little water. Bring to the boil, stirring all the time. Boil for 10 minutes. Season.

Serve with fried croutons. If liked, a little cream may be stirred into the soup just before it is served.

Similar Soups may be made with potatoes, green peas, Brussels sprouts, Jerusalem artichokes, celery, etc.

Green Pea Soup, Using Pea Pods

The pods from 2 lbs. of green peas and about $\frac{1}{2}$ lb. peas.	1 half a small onion.
2 quarts water.	1 sprig of mint.
1 pint milk.	1 teaspoonful sugar.
1 tablespoonful flour.	1 oz. butter.
	Seasoning.

Method.—Melt the butter and sauté the peas, pea pods, and onion until the butter is absorbed ; add the sugar, mint, and water and boil until the peas and pods are tender. Strain off the water and return it to the saucepan. Rub the peas and as much as possible of the pods through a sieve. Put this purée into the saucepan with the liquid and bring it to the boil, then add the flour blended with the milk. Stir until the soup boils, boil 5 minutes. Season and serve.

Lentil Soup

1 pint lentils.	2 quarts water or stock.
1 onion.	1 tablespoonful flour.
1 stick of celery.	Seasoning.
1 oz. fat.	

N.B.—Ham boilings may be used instead of stock, in which case all salt should be left out of seasoning.

Method.—Wash the lentils and soak all night in the stock or water, cut up the vegetables. Fry all for a few minutes in the hot fat. Add the water and cook slowly for 2 or 3 hours or until quite tender. Pass all through a fine sieve and return to the saucepan and bring to the boil, then add the flour blended with a little water, stir until again boiling. Boil for 5 minutes. Season and serve.

Haricot Bean and Split Pea soups are prepared similarly.

Milk Soup

1 lb. potatoes (4 or 5 medium).	$\frac{1}{2}$ pint milk.
2 pints water.	1 tablespoonful crushed tapioca.
1 large onion.	1 stick of celery.
1 oz. butter.	Salt and pepper.

Method.—Scrub, peel, and slice the potatoes, and slice the onion up finely. Melt the butter in a saucepan and toss the vegetables for 5 minutes without browning, add the water, which should be

boiling, and put on a tightly fitting lid ; cook slowly until potatoes can be mashed easily (about 50 minutes).

Pass the potatoes and liquid through a fine sieve and return them to the saucepan, add the milk and reheat ; sprinkle in the tapioca. Boil until tapioca is clear, stirring thoroughly.

Season well, serve with croutes of fried bread.

Mutton Broth

- 2 lbs. scrag end of neck of mutton.
- 2 quarts cold water.
- 1 tablespoonful pearl barley or rice.
- 1 turnip.
- 1 carrot.
- 1 leek or onion.
- 1 teaspoonful chopped parsley.

Method.—Cut up the mutton into small joints, put it into a saucepan with the water and some salt. Bring to the boil and *skim well*. Simmer gently for about 2 hours. Add the vegetables cut in dice, also the rice and barley (which should have been blanched). Continue simmering until the rice and vegetables are cooked. Cut the meat off the bones, replace it in the soup, add the parsley, season well, serve.

Vegetable and Barley Broth

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| 2 carrots (large). | 1 bay leaf. |
| 2 onions. | 1½ ozs. butter. |
| 2 turnips. | 1 teacupful pearl barley. |
| 2 sticks celery. | 3 pints vegetable stock. |
| Salt and pepper. | Chopped parsley. |

Method.—Peel and chop onions. Dice carrots, turnips, and celery. Melt butter in pan—add prepared vegetables, and cook very gently for about 10 minutes. Do not brown. Add stock, bring to the boil, add barley and bay leaf. Simmer for about 2 hours. Remove bay leaf, add salt and pepper, and serve, sprinkling in the chopped parsley.

VEGETABLE STOCK

The water in which potatoes or other vegetables have been cooked may be used most profitably for this soup.

FISH

There are three main kinds of fish—shell fish, like crab and lobster ; white fish, like turbot, halibut and cod ; and oily fish, such as salmon and herring.

White fish is more easily digested because the oil is stored in the liver and is not spread out in the flesh as in the case of the oily fish. But, for this reason, white fish is not so nourishing.

Fish is sometimes looked on as being expensive. But this is not really so, because some of the fishes that are not so well known are just as nourishing as those that cost more, and only need a little more careful preparation to make several economical and tasty dishes.

Megrin, Witch and John Dorey can be used instead of Sole, Plaice, etc.

Saith, Ling, Pollock, and Bream can be used in the place of Cod and Hake.

RULES FOR COOKING FISH

Boiled Fish

Allow 10 minutes to each lb. and 10 minutes over.

Use sufficient hot water to cover the fish and add a few drops of vinegar and a little salt ; simmer gently, drain, and serve.

For oily fish, allow 15 minutes to each lb. and 15 minutes over.

Baked Fish

This method is to be preferred because all the flavour and goodness of the fish are preserved.

Grease a baking sheet or fireproof dish, place the fish on it, season, and put small pieces of butter on the surface. Cover with greased paper and bake in a moderate oven, allow 10 minutes to each lb. and 10 minutes over.

When a fireproof dish is used, the fish may be served in the dish in which it has been cooked.

Steamed Fish

Put the fish on a drainer in a steamer or between two plates over a saucepan of boiling water, allow 15 minutes to each lb. and 15 minutes over.

This method also preserves the flavour and nutriment and is usually recommended for invalids, being less rich than baking.

Grilled Fish

Heat the grill. Put the fish in the grill tin and lower the flame from the beginning. Turn the fish when half cooked.

Season the fish and put a few small pieces of butter on it. Add more butter on the raw surface when the fish is turned.

Steaks of Salmon, Halibut, Turbot, and Cod, also Herrings, Mackerel, and Soles are excellent grilled. When possible it is very convenient to grill the fish in a fireproof dish and serve it in the same dish.

Times vary according to thickness but may be given approximately as :—

Steak of Salmon		..	20-25 mins.
„ „ Turbot, Halibut, or Cod		..	15-20 „
Sole		..	10-12 „

Fritter Batter

$\frac{1}{4}$ lb. flour.

1 tablespoonful melted
butter or oil.

1 gill warm water.

Whites of 2 eggs.

Pinch of salt.

Method.—Put the flour and salt into the basin and gradually work in the butter and water until smooth creamy mixture is obtained. Stand for as long as possible. Beat the whites of eggs stiffly and fold them in just before using.

Egg and Breadcrumb Coatings

Beat up an egg on a plate. Have ready some dried bread-crumbs on a large sheet of paper. Wet food, such as fish, should be drawn through flour before coating, otherwise the egg will not cling to it.

Place the food in the egg and coat carefully. Lift out of the egg, allow to drain slightly. Place in the crumbs. Toss these all over the food, making sure that every part is being covered. Remove from the crumbs, shake off the loose ones, and with a clean knife lightly press into shape.

Baked Stuffed Cod with Bacon

Number 5. Time 25 minutes. Shelf 3rd.

- 2 slices cod or hake (about $\frac{1}{2}$ lb. each).
- 4 rashers thick streaky bacon.
- 4 tablespoonsful veal stuffing (see p. 40).
- $\frac{1}{2}$ oz. dripping or bacon fat.

Method.—Wash and dry the fish. Put half the stuffing on each slice, pressing it on well. Remove the rind from the bacon and put the rashers over the stuffing.

Melt the fat in a meat tin, put the fish in it, and cover closely with greased paper. Bake in a moderate oven for 15–20 minutes, then remove the paper and put back for 5 minutes more to crisp and brown the bacon.

Serve on a hot dish.

Smoked Haddock

Trim the fish, and cut into portions. Melt about an ounce of butter in a pan, add $\frac{1}{2}$ gill milk and bring to the boil. Put the haddock into the pan, cover with a greased paper, and cook gently for about 10 minutes—the time varies according to the thickness of the pieces—either on the hot-plate or in a moderate oven. (No. 5.)

Drain the fish and serve on a very hot dish with small knobs of butter on each piece.

The fish may be scalded first, to remove some of the salt, by putting it in a tin and pouring boiling water over it. Let it stand in the water for 5 minutes, then drain off and cook as above.

Baked Stuffed Herrings

Number 5. Time 20 minutes. Shelf 3rd.

4 fresh herrings.

Forcemeat Stuffing.

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| 1 oz. fresh breadcrumbs. | A little lemon rind, grated. |
| $\frac{1}{2}$ oz. melted butter. | Egg to mix. |
| $\frac{1}{2}$ teaspoonful mixed herbs. | Seasoning. |
| 1 teaspoonful chopped parsley. | |

Method.—Mix the ingredients for forcemeat stuffing together.

Remove the heads and backbones from the herrings.

Place some stuffing on each fish and roll from tail to head with skin outside.

Place in a fireproof dish and cover with greased paper. Bake 20 minutes in moderate oven.

To Cook Kippers

1. Grill slowly for 8–10 minutes. Serve with a few small pats of butter on the fish.

2. Pour enough boiling water on the kippers to cover them, and simmer for 5 minutes. Drain very well and serve with a little butter.

Baked Mackerel and Tomatoes

Number 5. Time 20 minutes. Shelf 3rd.

4 mackerel.	2 ozs. breadcrumbs.
1 lb. tomatoes.	2 ozs. butter.
1 onion.	

Method.—1. Split the mackerel and put on a greased baking tin with chopped onion. Bake in moderate oven for 10 minutes. Take out and remove backbone and skin.

2. Put into a greased pie dish one half of a mackerel, a little butter and breadcrumbs, and a few slices of peeled tomato. Continue to fill up the dish with the ingredients. Bake again in moderate oven for 15 minutes.

Roes on Toast

$\frac{1}{4}$ lb. soft roes.	2–3 ozs. butter.
Seasoning.	4 rounds hot buttered toast.

Method.—Soak roes in salt and water for 15–20 minutes, drain and toss in flour and seasoning (including cayenne pepper).

Melt the butter and get it very hot before adding the roes. Cook very quickly till they are well shrunk, then more gently for 5 or 6 minutes.

Dish on hot buttered toast.

Soft Roes

$\frac{1}{4}$ lb. soft roes.	Egg and breadcrumbs.
Seasoning.	Butter to fry.

Method.—Put the roes into cold water with salt and bring to the boil, simmer for 2 or 3 minutes, and strain. Toss in seasoned flour, dip in egg and coat with crumbs, fry in butter for about 5 minutes.

Fish Cakes

$\frac{1}{2}$ lb. cooked fish.
 $\frac{1}{2}$ lb. cooked sieved potatoes.
 or $\frac{1}{4}$ lb. cooked rice or macaroni.
 2 tablespoonsful thick sauce or 1 egg.
 1 oz. butter.
 Seasoning.
 Egg and breadcrumbs.

Method.—Flake or chop the fish finely. Melt the butter, add the other ingredients, season well. Turn the mixture on to a plate, and shape and fry in the same way as croquettes. (See recipe on p. 28.)

Fish or Meat Mould

$\frac{1}{2}$ lb. cooked fish or cooked minced meat. 2 ozs. butter.
 $\frac{1}{4}$ lb. fresh breadcrumbs. $\frac{1}{4}$ pint milk, stock, or gravy.
 2 eggs. Chopped parsley and seasoning.

Method.—Flake the fish finely. Melt the butter, add all other ingredients. Mix well and season. Place in a well-greased pudding basin or cake tin and cover with greased paper. Steam until set—about 45 minutes. Turn out and cover with a coating sauce.

Cooked sieved potato may be substituted for breadcrumbs.

This dish may be made with fresh meat, but will take about 2 hours to cook.

Fish Pasty

Number 7. Time 30 minutes. Shelf 3rd.

6 ozs. rough puff or flaky pastry. 1 teaspoonful chopped parsley.
 6 ozs. cold cooked fish. 1 teaspoonful capers, cut up.
 1 chopped hard-boiled egg. $\frac{1}{4}$ pint white sauce.

Method.—Make a white sauce (see recipe, p. 37), add to it the fish, hard-boiled egg, chopped parsley, and capers. Season.

Roll pastry into an oblong 8 inches by 6 inches, trim edges, and place across a baking sheet.

Place fish mixture in centre, moisten edges, and fold across in envelope shape; glaze with egg and decorate with leaves of pastry.

Fricassée of Fish

$\frac{1}{2}$ pint thick white sauce (see Sauces).
 4-6 fillets sole or other white fish.
 Lemon juice.
 Seasoning.

Method.—Squeeze a little lemon juice and seasoning on each fillet, and fold or roll up. Make the sauce in a fairly large saucepan, and when it has come to the boil put in the fillets so that each is covered with the sauce. Put a lid on the pan and simmer gently for 12-20 minutes (according to size and thickness of fish).

Dish the fillets in a hot entrée dish.

Whisk the sauce to be sure it is smooth and not too thick, and pour over the fish.

If liked, cheese or a little melted butter can be sprinkled over the dish and browned under the grill.

Kedgeree

$\frac{1}{2}$ lb. cooked fish.	2 ozs. butter.
$1\frac{1}{2}$ ozs. rice.	Pinch of nutmeg.
2 hard-boiled eggs.	Chopped parsley.

Method.—Remove the skin and bone from the fish. Boil the rice till tender. Chop the white of the eggs, pass the yolk through a sieve. Melt the butter, add the cooked fish, rice, nutmeg, and half the chopped white of egg. Reheat and season well. Pile on a hot dish and decorate with remainder of the white of egg, the sieved yolk and the chopped parsley.

Macaroni Fish Pie

<i>Ingredients.</i>	<i>Sauce.</i>
2 ozs. boiled macaroni.	1 oz. flour.
2 ozs. grated cheese.	$\frac{1}{2}$ pint milk.
$\frac{1}{2}$ lb. cooked and flaked white fish.	$\frac{1}{4}$ pint macaroni stock.
Salt, cayenne.	1 oz. butter.

Method.—Make the sauce (see recipe, p. 37), add the cheese, fish, macaroni, and seasonings. Heat until the cheese is melted. Place in a greased dish, sprinkle top with grated cheese and bread-crumbs. Grill to a golden brown.

Macaroni Cheese may be made in the same way, leaving out the fish and using rather more macaroni.

Fish and Potato Scallops

Number 5. Time 15 minutes.

About 1 lb. of any white fish or dried haddock.	$\frac{1}{2}$ pint white sauce.
About 1 lb. mashed potatoes.	2 ozs. breadcrumbs.
2 ozs. butter.	6-8 scallop dishes.
2 ozs. grated cheese.	A little extra milk.

Method.—1. Bake the fish in a moderate oven by putting it in a greased dish and covering with greaseproof paper.

2. Mash the potatoes and season well and add 1 oz. butter and a little milk until a creamy consistency is obtained.

3. Prepare the white sauce, and add the grated cheese (this can be omitted).

4. Take the fish from the oven and flake it. Then add it to the cheese sauce.

5. Pipe the potato round the edges of the dishes. Then put the fish into the centre. Place a little butter on the top with a few crumbs and a little cheese and brown under the grill.

MEAT

SOME OF THE DIFFERENT WAYS YOU CAN COOK MEAT

Braising

This way of cooking is particularly good for meat that would be tough or tasteless if it was roasted, such as thick flank of beef or other cheap cuts.

INGREDIENTS REQUIRED

- A piece of top-side (or other joints about 3 lbs.).
- 2 carrots.
- 2 turnips.
- 1 large onion.
- 2 sticks of celery.
- Sprig of parsley.
- Small bunch of herbs.
- 2 ozs. dripping.
- About 1 pint stock.

Prepare the vegetables and cut into large chunks. Melt the dripping in a saucepan which will go into the oven, or a casserole, and fry the vegetables and herbs in it. Remove the vegetables from the pan and fry the meat quickly so that all surfaces are sealed and brown. Put back the vegetables and let the meat rest on them. Pour in sufficient boiling stock to half cover the vegetables but not touch the meat. Put on a closely fitting lid and place the pan in the oven at No. 5 for about 2 hours (30 minutes per lb. + 30 minutes). Remove the lid during the last $\frac{1}{2}$ hour so that the meat is nicely browned. The meat is thus partially steamed to make it tender but has a rich roasted flavour.

If the meat has been boned, the bones should be fried with the vegetables and used with them as a base for the joint. Boned stuffed breasts or loin of mutton or veal can be cooked in the same way with excellent results.

Shallow Frying

You will get better results with a good heavy frying-pan than with a thin one, which will probably buckle with the heat and burn the food.

Any fat that is free from water will do for shallow frying. The ones generally used are dripping, lard or a mixture of butter

and lard. Butter gives a very good flavour, but it is not very often used because it burns rather easily.

In this kind of frying the same fat can only be used again for the same kind of food, because it usually takes the flavour of whatever has been fried in it.

You should put just enough fat in the frying-pan to cover the bottom of it evenly. Heat the fat until it is quite still and has a faint smoke coming from the centre, then put the food in with the best side downwards first. When this has been browned, turn the food over with a fish slice and fry it until the other side is cooked.

You must seal both sides of uncoated food like chops and steak first, and then finish cooking it more slowly.

Deep Frying

When frying things in deep fat you should always use enough fat to cover the food completely, but do not have the saucepan more than two-thirds full. The best kind of pan is a thick aluminium one or any other unlined type of pan. Never use an enamel one.

You will find that clarified dripping, or beef suet, are the best fats to use. They are economical too, because if you strain the fat through some muslin after you have finished cooking, it can be used again and again. Add more fat to it as you want it.

Before putting the food in the pan, you should heat the fat until it is quite still and has a faint smoke coming from the centre. An easy way of testing the heat of the fat is to fry a small bit of bread and see how quickly it browns. For cooked mixtures, like fish-cakes, you can have the fat much hotter than for uncooked food like fillets of fish, which have to be cooked right through before they brown.

To see if the fat is hot enough put in a piece of bread ; if the fat is very hot you will find that the bread will brown in about $\frac{1}{2}$ minute. If it is too cool, it will be greasy when you take it out of the pan instead of crisp.

Food should always be coated with batter or with egg and breadcrumbs before frying it, otherwise the flavour of the food will spoil the fat, so that you will not be able to use it again. If you coat the food with egg and breadcrumbs it is advisable to use a frying-basket.

Lower the basket gently into the fat and do not lift it out until the food is quite ready. Do not put too much food in at once or it will cool the fat, which will make the food turn out greasy instead of crisp and brown. If the pieces of food touch each other they will probably stick and then their shape and colour will be spoiled.

You must always heat the fat again before frying a second batch of food.

Do not use a basket for frying food that is coated with batter, but put it into the fat in separate pieces. Lift each piece out, as it is cooked, with a fish slice or a flat wire whisk.

Before dishing up the food you should drain it on soft paper. This takes away any extra fat that might make the food soft.

TIMES FOR DEEP FRYING

Fillets of fish (according to thickness)	..	6- 8 mins.
Whole Sole or Plaice		10-12 „
Fritters		4- 6 „
Rissoles or Fish Cakes		3- 5 „

Dry Frying

This is the way to fry ham, bacon and sausages, which do not need any extra fat to fry them.

You put the food into a *hot* dry pan and place it over a low burner until the heat extracts enough fat from the meat to do the cooking.

Grilling

Meat that is grilled is cooked by radiant heat. This way of cooking makes it more digestible than when it is fried. There are few dishes more appetising than a good grill, but it must be served straight from the griller to be really successful.

To get good results when grilling meat you have only to follow these simple rules :

1. You should always have the grilling tin under the grill before lighting the gas. When you take it away, put another tin in its place to protect the enamel plate from the heat.
2. Light the gas and leave it full on till the grill gets red-hot. It is a good plan to put a kettle or saucepan on top of the grill because this helps to deflect the heat down on to the meat.
3. Brush the meat with butter or dripping, season it, and then put it on to the stand in the grilling tin.
4. Grill the meat quickly for about 2 minutes or until the surface is sealed. Then turn the meat over and do the same again. Next turn down the gas a little and finish cooking one side, then turn the meat over and finish cooking the other side.

TIMES

Steak—well done		15 minutes.
underdone		7-10 minutes.
Chops		15-20 minutes.

Note.—Beef is generally served underdone and lamb and mutton well done.

Rechauffés ("Left Overs")

This way of preparing meat dishes will be a great help to you in varying the menus and keeping the butcher's bills down. It is easy to make a success of using up the pieces that have been left over, if you follow certain simple rules. The recipes for "Left Overs" given in this book are only meant for a foundation on which you can build any kind of dish you fancy.

When making these dishes remember these few points :

1. Cooked meat needs reheating only—it must not be re-cooked.
2. A little extra something as flavouring must be added, because cooked meat has less flavour than raw meat. Ham, tongue, herbs, any good brand of sauce or anchovy essence all help to make up the lack of flavour. Another great help is to use good gravy.
3. Never mix raw and cooked foods together. Onions, mushrooms, tomatoes, and so on must be cooked before they are added to the cooked food.
4. When making croquettes, rissoles, and dishes of that kind, the mixture should be of a soft creamy consistency when it is hot.

Roasting

In roasting you must have the oven hot enough to seal the surface of the meat and keep the juice in. A badly roasted joint is usually due to one of two things, either the oven was not hot enough before you put the meat in, so that it was not properly sealed, and turned out tough and dry, or else you set the dial too high, making the oven too hot so that the outside of the joint was over-cooked and hardened, and the heat could not get at the centre of the meat to cook it properly.

SETTINGS AND TIMES FOR ROASTING

Dial Setting Number 6. Shelf Number 4.

TIMES

Beef with bone	15 mins. per lb. + 15 mins.
Beef without bone	20 " " " + 20 "
Lamb and Mutton	20 " " " + 20 "
Pork and Veal	25 " " " + 25 "
Chicken according to size	$\frac{3}{4}$ —1 $\frac{1}{2}$ hours.
Roast Rabbit	$\frac{3}{4}$ —1 $\frac{1}{2}$ "
Duck	1 $\frac{1}{4}$ —1 $\frac{3}{4}$ "
Turkey use the 5th shelf	15 mins. per lb. + 15 mins.

Steaming

Food that is steamed is cooked by the steam which rises from boiling water. The great advantage this kind of cooking has over boiling is that none of the nourishment or flavour is lost. As steaming is a more gradual way of cooking, it makes the food more digestible.

Be very careful to keep the water boiling under the steamer otherwise the food will stop cooking. This will spoil it, and puddings, especially, will turn out heavy and indigestible.

Steaming takes about half as long again as boiling, but it is often a very convenient way of cooking a meal, because all the food can be cooked very cheaply over one gas ring if you use a three-decker steamer.

Stewing

Tough meat can be cooked in this way to make it appetising and digestible. Stewing is long, slow cooking of the meat in a little liquid. Since you serve the meat with the liquid in which it has been cooked, the liquid should be brought fairly quickly to the boil so that all the flavour is not taken out of the meat as in the case of soup.

When making brown stews, the meat is generally fried first and then put back in the liquid after it has been brought to the boil. You should allow about $\frac{3}{4}$ pint of liquid and $\frac{3}{4}$ oz. of thickening for every pound of meat.

Stews should be cooked very slowly on the simmering burner or in the oven with the dial set at No. 1.

How to serve Hot Joints

Roast beef is served with Yorkshire Pudding, horse-radish sauce, and clear gravy.

Roast Lamb is served with mint sauce and clear gravy.

Roast Mutton is served with onion sauce and clear gravy.

Saddle, Loin, or Leg is served with red currant jelly and clear gravy.

Roast Pork is served with sage and onion stuffing, apple sauce and thickened gravy.

Roast Veal is served with boiled bacon or bacon rolls and thickened gravy.

Cornish Pasties

Number 6. Time 30 minutes. Shelves 3rd and 5th.

$\frac{3}{4}$ lb. short crust pastry.	1 small piece of turnip.
4 ozs. raw beef steak or mutton.	2 teaspoonsful water.
1 potato.	1 egg.
1 small onion.	Seasoning.

Method.—Cut the meat and vegetables into dice, mix them together, season well and add the water. Roll out the pastry and cut into four large rounds. Place some of the mixture on each piece of pastry. Brush round the edges with beaten egg. Fold the edges together on the top to make a frill of them. Glaze with egg and bake.

Croquettes

$\frac{1}{2}$ lb. cooked lean meat.	
1 small onion finely minced.	
$\frac{3}{4}$ oz. dripping	} or 1 gill brown sauce.
$\frac{3}{4}$ oz. flour	
$\frac{3}{4}$ gill stock	
Seasoning.	
1 egg.	
Breadcrumbs.	
A few sprigs of parsley.	

Method.—Mince the meat and onion, melt the dripping, fry the onion until brown, add the flour and brown also ; gradually mix in the stock, bring to the boil and cook a few minutes, add the meat and season well. Turn out on to a wet plate to cool and divide into equal parts. Shape into cork shapes, coat with beaten egg and then with breadcrumbs. Press the croquettes again into shape. Fry in deep fat until brown, drain on soft paper, allow the fat to cool slightly and then fry the parsley. Dish on a dish paper, garnish with the parsley. The croquettes may be made of cooked fish, vegetables, or hard-boiled eggs, instead of meat, and a white sauce used instead of brown.

Small portions of this mixture may be put in a round of thin pastry, covered with another and the edges well sealed, and fried or baked in the oven.

A little custard powder mixed with water or milk may be used for coating instead of an egg if preferred.

Curry

- | | |
|----------------------------------|---|
| 2 lbs. lean meat. | 1 small onion chopped. |
| $\frac{3}{4}$ pint brown stock. | Juice of $\frac{1}{2}$ lemon. |
| $\frac{1}{2}$ oz. flour. | 1 oz. sultanas. |
| 1-2 tablespoonsful curry powder. | 1 teaspoonful chutney or jam. |
| 2 ozs. dripping. | 1 raw tomato or 1 tablespoonful tomato sauce. |
| 1 small apple chopped. | |

Method.—Cut the meat into neat pieces and fry in the dripping. Remove from the pan and fry the onion for a few minutes, but do not brown. Add the flour and curry powder and cook for a few minutes. This prevents the curry from looking green. Mix in the stock and all the other ingredients, bring to the boil. Return the meat to the saucepan and allow to simmer until the meat is cooked (about 2 hours).

If cooked meat, cooked vegetables or hard-boiled eggs are being curried, the sauce is made in the same way and simmered for 15 minutes, or till the onion is cooked. The cooked food is then reheated in the sauce.

Raw fish can be curried, but should only cook for 15 minutes. Serve plain boiled rice as the accompaniment to all curries.

Boiled Rice

- 2 ozs. rice.
- 1 teaspoonful lemon juice or vinegar.
- Pinch of salt.

Method.—Rice should be cooked in a large quantity of water. Bring the water to the boil, add the salt and lemon juice. Wash the rice immediately before putting it into the saucepan. Boil quickly without a lid, skimming when required, for 7-12 minutes or until soft. Pour a teacupful of cold water into the saucepan, strain and put the rice on a plate in a warm place for a few minutes, to dry before serving. If cooked in this way the grains will be whole and separate.

Hot Pot

Number 5. Time 2-2½ hours. Shelf 5th.

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|--------------------------------|---------------------------------------|
| 2 lbs. beef or neck of mutton. | 1 oz. dripping. |
| 2 lbs. potatoes. | $\frac{1}{2}$ pint of stock or water. |
| $\frac{1}{2}$ lb. onions. | Seasoning. |

Method.—Cut the meat into neat pieces. Slice the onions thinly, peel and quarter the potatoes.

Arrange the meat and vegetables alternately in the hot pot,

seasoning well. Pour in the liquid and arrange a layer of potato over the top—put pieces of dripping on the top of the potato and put a greased paper on top.

Cook in the oven for about 2–2½ hours. For the last ½ hour remove the paper and allow the potatoes to brown.

Irish Stew

3 lbs. neck of mutton.

2 lbs. potatoes.

½ lb. onions.

1 pint of water.

Pepper and salt.

Method.—Cut the meat into neat pieces and remove the fat. Slice the onions and half of the potatoes. Arrange the meat, onions and potatoes in layers in a saucepan, having a layer of potatoes at the bottom. Add the water and simmer very gently until the meat is tender. Add the remainder of the potatoes, cut in large pieces, about ½ hour before the meat is cooked.

Time about 2–3 hours according to the quantity of meat.

Care should be taken that the water is not sufficient to cover the meat and vegetables, otherwise there will be an excess of liquid in the stew.

This may be varied to make a mutton stew by adding carrots and turnips to taste.

Liver and Bacon

½ lb. liver.

6–8 rashers of fat bacon.

2 tablespoonsful seasoned flour.

1½–2 gills of stock.

Method.—Prepare the liver by removing the skin and cutting in slices about ¼ inch thick, then soaking in warm water (salted) for about 15 minutes. Cut the rind off the bacon. Drain and dry the liver and coat it with seasoned flour. Fry the bacon very lightly and put it on a hot dish, which should have been put on a saucepan of steaming water and covered to keep thoroughly hot. Put the bacon rind in the frying-pan and a little extra fat if required, and cook the liver gently, turning once. The time will vary according to the thickness of the slices and the taste of the cook, but about 10 minutes should be sufficient. When cooked put on the dish with the bacon on top.

Mix the remainder of the seasoned flour with the fat in the frying-pan, cook for a few minutes before adding stock or water to make the gravy. Stir until it boils and boil for 3 minutes to cook the flour. Strain the gravy round the liver and serve at once.

Stuffed Liver

Number 6. Time 40-45 minutes. Shelf 3rd.

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|--------------------------|------------------------------------|
| $\frac{3}{4}$ lb. liver. | $\frac{1}{4}$ pint of stock. |
| 1 small onion. | Veal stuffing (see recipe, p. 40). |
| 6 rashers of bacon. | |

Method.—Prepare the liver and cut into 6 slices (about $\frac{1}{2}$ inch thick) and season with pepper and salt.

Chop the onion very finely and spread it on the bottom of a greased fireproof dish. Put the liver in the dish and pour the stock round it. Put a thin layer of stuffing on each slice and cover with a rasher of bacon. Cover the dish with a well-buttered paper and bake in a moderate oven for 40-45 minutes.

Mutton Stew

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|-----------------------------|------------|
| 2 lbs. potatoes. | 2 onions. |
| 1 lb. scrag neck of mutton. | 2 carrots. |
| Salt and pepper to taste. | |

Method.—Peel the vegetables, cut the onions and carrots in slices and potatoes in two. Cut the meat into neat pieces. Place in saucepan in layers of meat, vegetables, and seasoning. Cover with cold water, bring to the boil and simmer very gently until the meat and vegetables are tender.

Roman Pie

Number 6. Time 45 minutes. Shelf 4th.

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| $\frac{3}{4}$ lb. short crust pastry. | 3 ozs. cooked macaroni. |
| $\frac{3}{4}$ lb. cooked meat cut in large dice. | 3 ozs. coarsely grated cheese. |
| | Seasoning. |

Method.—Roll out $\frac{3}{4}$ of the pastry thinly and line a greased pie dish. Fill with layers of meat, macaroni, and cheese. Put in a little cold water or stock. Season well.

Roll out the remaining pastry, moisten the edges and cover the top of the pie.

Heat the oven for 15 minutes with the cake tray on the 4th shelf and cook the pie on it.

Serve with tomato sauce.

Scotch Collops

- | | |
|----------------------------------|--|
| $\frac{1}{2}$ lb. buttock steak. | $\frac{1}{2}$ teaspoonful chopped parsley. |
| 1 onion chopped. | Pepper and salt. |
| 1 oz. butter. | Mashed potatoes or boiled |
| $\frac{1}{2}$ oz. flour. | rice. |
| 1 gill stock. | |

Method.—Chop meat very finely, melt butter in saucepan. When hot, fry onion then add the meat, and brown all together. Stir in flour, add stock, and stir till boiling. Simmer gently for about 1 hour. Season, add parsley. Serve on a hot dish and garnish with mashed potatoes or boiled rice.

Shepherd's Pie

Number 7. Time 25 minutes. Shelf 3rd.

1 lb. cooked meat.	1 teaspoonful chopped parsley.
$\frac{1}{2}$ gill gravy or brown sauce.	Mashed potato.
Seasoning.	1 oz. butter.

Method.—Mince the meat and moisten well with the gravy. Add seasoning, chopped parsley and other flavourings (tomato or mushroom ketchup, etc.) as liked. Put into a pie-dish. Cover with mashed potato. Rough this with a fork. Put on a few small pats of butter and put in the oven.

If preferred, all the ingredients can be heated before being put into the dish. The pie can then be browned quickly under the grill.

Cooked fish or vegetables can be treated in the same way.

Stewed Rabbit

1 rabbit.	1 teaspoonful parsley.
2 lbs. onions.	3 ozs. flour.
2 teaspoonsful mixed herbs.	2 ozs. butter.

Method.—Place the rabbit in pan of cold water, and bring to the boil. Boil for 10 minutes. Throw away water and joint the rabbit. Cut the onions in slices and lay at the bottom of a saucepan. Cover with the joints of rabbit. Add herbs, parsley, and a pinch of salt. Barely cover with cold water and bring to the boil. Simmer for about $2\frac{1}{2}$ hours. Blend the flour and butter and add gradually. Boil for 5 minutes. Season and serve.

Stewed Steak

1 lb. beef steak.	2 carrots.
1 oz. dripping.	2 onions.
$\frac{3}{4}$ oz. flour.	Seasoning.
$\frac{3}{4}$ pint of stock.	

Method.—Slice the onions and carrots. Cut the meat into neat pieces and fry quickly in the dripping—take out the meat, fry the onions for about 5 minutes and then add the flour and carrots and fry very slowly till a nice brown. Add the stock and stir until it boils, replace the meat, add a little salt, cover tightly, and cook very slowly on the simmering burner or in the oven at No. 2 for 2 or 3 hours. Taste and season before serving.

If preferred, the stew may be cooked in a casserole when it can be served in the same utensil.

The same method can be used for stuffed and rolled steak, neck of mutton, veal, or rabbit. In the case of the two latter, rolls of fried or grilled bacon and sippets of fried bread should be used as a garnish.

Steak and Kidney Pie

Number 8. 25 minutes ; then *Number 2* for $1\frac{1}{2}$ –2 hours. Time 2–2½ hours in all. Shelf 4th.

$\frac{3}{4}$ lb. puff or rough puff
pastry.
 $1\frac{1}{2}$ lbs. steak.
 $\frac{1}{2}$ lb. ox kidney.

Seasoned flour.
1 gill stock or water.
(2 rashers of bacon).

Method.—Prepare the meat as for steak and kidney pudding, and put in a pie dish. Pour in the stock. Cover the top of the meat with the bacon.

Roll out $\frac{3}{4}$ of the pastry about $\frac{1}{4}$ inch thick and 2 inches larger than the pie dish. Cut a piece off the edge to go round the pie dish, brush with beaten egg or cold water, and cover with the pastry, pressing well, but taking care not to stretch. Trim the edge, and using the back of a knife, knock the two edges together and mark in large scallops. Roll out the remaining pastry and cut into diamond-shaped pieces to decorate the top of the pie, which should first be brushed with egg. Make a hole in the centre of the pie to allow the steam to escape.

If possible allow the pie to stand in a cool place for 15–30 minutes, and glaze with egg just before baking.

Bake at No. 8 for about 25 minutes (until the pastry has risen), then cover the pastry with a double thickness of greaseproof paper and finish cooking at No. 2 for $1\frac{1}{2}$ –2 hours.

If liked, hot gravy can be poured into the pie through a funnel before serving, but if the pie is to be served cold, dissolve two or three sheets of leaf gelatine in it first.

Steak and Kidney Pudding

12 ozs. flour.	1½ lbs. steak.
1 teaspoonful baking powder.	½ lb. kidney.
Salt.	3 tablespoonsful seasoned flour.
Water.	About ½ gill cold water.
6 ozs. chopped suet (for crust).	

Method.—Make the crust by rubbing the suet into the flour and mixing to a stiff dough with cold water. Cut off a quarter of the pastry and roll out the remainder to line the basin.

Prepare the meat by cutting into thin strips and dipping in seasoned flour. Roll up the strips with a piece of kidney inside each.

Fill the basin with the meat, and if any seasoned flour remains sprinkle on top.

Add the water.

Roll out the rest of the paste, damp the edges, and cover the pudding with it, pressing the paste on well.

Prepare a pudding-cloth by plunging in boiling water, wringing out and sprinkling with flour. Tie over the top of the pudding and place in a large saucepan of boiling water, sufficient to cover the pudding completely. Boil for 4–5 hours, replenishing the water as necessary from a kettle of *boiling* water.

The pudding may also be steamed either in a steamer for 7–8 hours, or in a saucepan with boiling water half-way up the side of the basin for 5–6 hours. When steamed, a greased greaseproof paper may be put over the pudding instead of a pudding-cloth.

Toad-in-the-Hole

Number 7. Time 45–50 minutes. Shelf 3rd.

4 ozs. flour.	} For the batter.
½ pint milk.	
1 egg.	
Seasoning.	
½ lb. cooked meat.	
or ¾ lb. sausages.	
or 6 small lean chops.	
2 ozs. dripping.	
Seasoning.	

Method.—Make the batter (see Yorkshire Pudding) and allow to stand as long as possible.

Melt the dripping in a meat tin, and when hot, fry the meat lightly on both sides.

Pour in the batter and bake at once in a moderate oven for 45–50 minutes.

WITH COOKED MEAT

Cut the meat into thick pieces about 2 inches square, melt about 1 oz. dripping in meat tin, season the meat well and put into the fat, but do not fry. Pour on the batter and bake in a quick oven for 35-40 minutes.

Tripe and Onions

1 lb. honeycomb tripe.	$\frac{1}{2}$ pint milk.
1 lb. Spanish onions.	Seasoning.
1 oz. butter or dripping.	Sippets of fried bread or toast.
1 oz. flour.	

Method.—Cut the tripe into small squares, put into a saucepan and cover with cold water. Bring to the boil and strain, throwing away the water. Put about $\frac{1}{2}$ the milk on the tripe, and add enough water to cover—put the lid on the pan and simmer for 2 hours.

Slice the onions, blanch, put them with the tripe (adding more water if necessary). Simmer for 2 hours longer. Strain off, saving $\frac{1}{2}$ pint of the liquor. Melt the butter in the pan, blend in the flour, add the liquor from the tripe and the remainder of the milk. Bring to the boil, add the tripe and onions, and simmer for about 10 minutes.

Season well and serve in a hot dish with the sippets of fried bread or toast.

Veal and Ham Pie

Number 8. 25 minutes ; then *Number 2* for $1\frac{1}{2}$ –2 hours. Time 2–2 $\frac{1}{2}$ hours in all. Shelf 4th.

- 1 $\frac{1}{2}$ lbs. pie veal.
- $\frac{1}{2}$ lb. gammon rasher or lean bacon.
- 2 or 3 hard-boiled eggs (sliced).
- 1 gill of white stock.
- 2 rashers bacon.
- $\frac{3}{4}$ lb. puff or rough puff pastry.

Method.—Cut the rind off the gammon, cut in large dice and blanch. Remove all skin and fat from the veal and cut into dice.

Half fill the pie dish with the meat, season with pepper, and put in the eggs. Fill the dish with the meat, cover with the rashers, and finish as for steak and kidney pie.

SAUCES

Hints on Sauces

The flour should be mixed with the butter to form a perfectly smooth paste, and this mixture should be very thoroughly cooked before adding any liquid, as this makes a smooth and glossy sauce. If cold, the liquid should be added all at once, but if boiling it should be added gradually, otherwise the sauce may become lumpy. Always stir a sauce until it comes to the boil and then allow it to simmer for at least three minutes, otherwise it may have a raw powdery taste.

If lumps should begin to appear in the sauce, remove the saucepan from the burner and whisk the sauce thoroughly before allowing it to boil. If the sauce has to be kept before being used, place a tablespoonful of cold liquid on top of the sauce and cover the pan with a lid. This will prevent a skin from forming.

If a skin has formed, whisk it into the sauce while reheating.

Foundation Brown Sauce

- | | |
|---------------------------|-------------------------------|
| 1 oz. butter or dripping. | 1 stick of celery or a little |
| 1 oz. flour. | celery seed. |
| 1 pint stock or water. | 1 small carrot. |
| A piece of bacon rind. | 1 small piece of turnip. |
| 1 small onion. | A sprig of parsley. |
| 1 blade of mace. | Seasoning. |

Method.—Melt the butter in a strong unlined saucepan. Add the onion, cut in thin slices, and the bacon rind. Fry a little and then add the flour and the other vegetables, and brown all very slowly. Draw the saucepan off the gas and add the stock, parsley, and seasoning. Stir until the sauce boils and then simmer for $\frac{1}{2}$ to 1 hour, skimming if necessary.

Strain through a fine strainer and use as required.

Never use a lined or tinned saucepan when the ingredients are to be fried, the great heat may crack or melt the lining.

Foundation Recipe for Thick White Sauce

1 oz. butter.
 $\frac{1}{2}$ pint liquid.

1 oz. flour.

Method.—Melt the butter. Add flour, mix well and cook over very low flame, stirring frequently until the mixture bubbles freely and has the appearance of a honeycomb. Add liquid and stir until the mixture boils. Boil 3 minutes.

Note.—The above proportions make a coating sauce. The same quantities of butter and flour with 1 pint of liquid make a flowing sauce ; and with $\frac{1}{4}$ pint of liquid a *binding sauce*, used in the preparation of croquettes, etc.

The liquid may be white stock, fish stock, milk or milk and water.

Variations.—A foundation sauce of this kind may be varied by the addition of chopped parsley, capers, anchovy essence, grated cheese, or hard-boiled egg.

Mustard Sauce may be made by mixing 1 teaspoonful of made mustard and 1 teaspoonful vinegar into $\frac{1}{2}$ pint of flowing sauce made with water or fish stock.

Hollandaise Sauce is made by adding 2 yolks of eggs and 1 teaspoonful lemon juice to $\frac{1}{2}$ pint of thick white sauce.

Apple Sauce

1 lb. of apples.
1 oz. butter.
2 ozs. sugar.

$\frac{1}{4}$ pint water.
A little grated lemon rind.

Method.—Peel, core, and cut up the apples, put them with all the ingredients into a saucepan and cook them very gently until tender. Rub the apples through a hair sieve or beat the sauce until it is quite smooth.

Reheat and serve. When roast duck or pork is being prepared, the apple sauce may be cooked in the lower part of the oven to save using one of the top burners.

Hot Brandy Sauce

1 tablespoonful of cornflour.
 $\frac{1}{2}$ pint milk.
 $\frac{1}{2}$ oz. castor sugar.
2 tablespoonsful brandy.

Method.—Blend the cornflour with a little cold milk. Put the rest of the cold milk into a saucepan and bring it to the boil, then stir it on to the cornflour. Strain the sauce back into the pan. Stir until it boils and boil 10 minutes. Add the brandy and serve.

Any other flavouring may be used instead of brandy.

Brandy Butter

3 ozs. butter.
3 ozs. castor sugar.
2 tablespoonsful of brandy.

Method.—Cream the butter and sugar until they are quite smooth and white. Mix in the brandy. Pile into the dish in which the butter is to be served. Cover it with a basin and leave it in the refrigerator until quite hard.

Bread Sauce

2 ozs. breadcrumbs.	A little nutmeg or mace.
$\frac{1}{2}$ pint milk.	1 oz. butter, or
1 small onion.	2 tablespoonsful of cream.
2 cloves.	

Method.—Stick the cloves into the onion. Place this in the milk and bring it just to boiling point. Add the bread, cover, remove from gas, and leave to steep in a cool place on hot-plate or on base-plate in oven for 1 hour. Remove the onion, then beat well and add the butter or cream and seasoning.

Note.—If bread sauce is allowed to boil after the bread is added, it will become very glutinous and unpalatable.

Cranberry Sauce

2 pints of cranberries.	$\frac{1}{2}$ pint water.
4 ozs. sugar.	

Method.—Pick and wash the fruit and put it into a saucepan. Mash it with a fork and add the water and sugar, and cook gently. Rub the cranberries through a hair sieve. Reheat and serve.

Horse-radish Sauce

2 ozs. grated horse-radish.	1 teaspoonful castor sugar.
1 tablespoonful vinegar.	$\frac{1}{2}$ teaspoonful made mustard.
1 gill cream.	Pepper and salt.

Method.—Whip the cream slightly, add all the other ingredients. Mix and serve.

Mint Sauce

- | | |
|-----------------------------------|------------------------------|
| 1 gill vinegar. | 2 tablespoonsful water. |
| 3 tablespoonsful chopped
mint. | 1 tablespoonful brown sugar. |

Method.—Dissolve the sugar in the water, add the vinegar and the mint. Mix well.

Oiled Butter

- | | |
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| 2 ozs. fresh butter. | Seasoning. |
| Juice of half a lemon. | |

Method.—Put the butter into a saucepan and melt it over a low gas flame, add the lemon juice and seasoning and pour it into a hot sauce boat.

Salad Dressing

- | | |
|---|---|
| 1 level tablespoonful corn-
flour. | Salt. |
| A small piece of butter or a
dessertspoonful of oil. | Pepper. |
| 1 teacupful of milk. | 1 egg. |
| $\frac{1}{2}$ teaspoonful made mustard. | $\frac{1}{2}$ gill vinegar (3-4 table-
spoonsful vinegar). |
| 2 teaspoonsful sugar. | A little cold water. |

Method.—Mix the cornflour with the water to make a smooth paste, bring the milk to the boil, pour on to the cornflour. Return to the saucepan, add the butter and *boil* for 6-8 minutes. Allow to cool slightly, beat the egg well and stir it in with the seasonings, and sugar. Cook gently for 2 minutes *without boiling*. When cold add the vinegar and it is ready for use.

This dressing keeps well if bottled and put in a cool place.

STUFFINGS

Sage and Onion Stuffing

- | | |
|--------------------------------------|------------------------------|
| 1 lb. Spanish onions. | 1 teaspoonful powdered sage. |
| 4 tablespoonsful fresh bread-crumbs. | Nutmeg. |
| 1 oz. butter. | Seasoning. |

Method.—Peel and slice onions. Blanch, then cook till tender. Drain very well and chop finely. Add other ingredients and mix well.

Sausage Stuffing

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| $\frac{1}{2}$ lb. sausage meat. | Seasoning. |
| $\frac{1}{4}$ lb. stale bread (without crust). | 1 teaspoonful chopped parsley (if liked). |
| 4 tablespoonsful warm milk. | A little beaten egg. |

Method.—Break up the bread and soak in the milk. Mash the bread with a fork and work in the sausage meat. Season and bind with a little beaten egg and use to stuff turkey.

Veal Stuffing

- | | |
|--|--|
| 2 ozs. breadcrumbs. | $\frac{1}{2}$ teaspoonful grated lemon rind. |
| 1 oz. beef suet or chopped ham. | Seasoning. |
| 1 teaspoonful parsley. | Beaten egg and milk to bind. |
| $\frac{1}{4}$ teaspoonful mixed herbs. | |

Method.—Mix all the ingredients together and use as required.

VEGETABLES

Green Vegetables

Wash well in salted water. Put into plenty of boiling water—add salt in the proportion of 1 teaspoonful to the quart. Boil fast with the lid off, skimming frequently. This will prevent loss of colour and the unpleasant smell associated with greens.

Time $\frac{1}{2}$ — $\frac{3}{4}$ of an hour. Drain and press well. Reheat in a little melted butter. Season and serve.

The addition of a small quantity of sugar, approximately $\frac{1}{2}$ quantity of salt, improves the flavour of all greens.

Root Vegetables

(Potatoes, carrots, turnips)

Wash and peel or scrape. Place in cold salted water, bring to the boil, and boil gently for $\frac{1}{2}$ — $\frac{3}{4}$ of an hour with a lid on. Strain, replace the saucepan over a low light and dry off. The vegetables may be steamed, when about half as long again should be allowed.

New potatoes and carrots are put into boiling water and tossed in butter and chopped parsley after they have been cooked and drained.

When the oven is being used a saucepan of vegetables may be put in to fill up the oven, thus saving gas. Root vegetables will cook perfectly in this way if brought to the boil first. Use just sufficient water to cover and allow times as for steaming.

Conservative Method of Cooking Green Vegetables

Some people prefer to cook greens by the conservative method, as there is much controversy as to how much of the useful food value is left in the greens after they have been boiled in a large quantity of water which is then thrown away.

Prepare the vegetables in the usual way. Put them into a saucepan of boiling water to which salt has been added. Boil for 5 minutes, strain off the water, then add 1 gill of boiling water and 1 oz. butter to every lb. of vegetables. Cover tightly and cook very gently on the simmering burner or in the oven. Drain off any water which has not evaporated.

When very young vegetables are used the preliminary scalding can be omitted.

Braised Brussels Sprouts

2 lbs. brussels sprouts.

1 teaspoonful sugar.

2 ozs. butter.

Seasoning.

Wash the sprouts, place them in boiling water, and boil for about 3 minutes. Strain off the water and put the sprouts into a casserole or small saucepan, add the butter, sugar, and seasoning—cover tightly and cook in the oven or over a low light for 35–45 minutes. If cooked over a burner the casserole should be shaken occasionally. If liked this method may be used for all green vegetables.

Braised Peas

2 lbs. peas.

1 teaspoonful sugar.

2 ozs. butter.

Seasoning.

1 lettuce leaf.

Wash the peas, put them into a casserole with the butter, sugar and seasoning. Place a wet lettuce leaf over the peas. Cover tightly and cook as for Braised Brussels Sprouts.

Vegetable Marrow

Peel the marrow and remove the pips and cut into convenient sized pieces. Place in a greased casserole with about 2 ozs. fat and seasoning. Cover tightly and cook in a moderate oven for about 45 minutes.

Cucumber may also be cooked in this way. This method may be carried out on the top of the stove over a low light, shaking the pan occasionally.

Spinach

Remove the stalks and wash the spinach thoroughly in 4 or 5 waters, lifting it out of the water from one basin to another.

Ginger 7½ per bottle at. Both - 1 orange or lemon
2 Sables from each of essence of Saffron ½ lb of sugar
put the orange or lemon very fine and beat it
a year with the sugar and persistence then
squeeze the juice with the sugar and pour the

working harder than the
 others and will
 be

(This prevents the grittiness so often complained of in spinach.) Pack tightly into a saucepan without any extra water, and a very little salt. Cover tightly and cook over a low light till tender, stirring occasionally. Strain and reheat with a little butter and seasoning. If preferred the spinach may be chopped finely or sieved before reheating.

The spinach will reduce very considerably in cooking, and about 2 lbs. would be required for three portions.

Cauliflowers

Cut off most of the stalk, cut across the thick stem. Wash well and cook in boiling water with the flower down. Cook gently until the flower is nearly tender, then turn over in the pan to finish the stalks. Serve coated with white sauce.

Celery

Wash well and cut into pieces about 5 inches long. Place in boiling water and boil for about $\frac{3}{4}$ —1 hour until tender. Drain well and serve. May be coated with white sauce.

Celery may also be stewed in a little boiling stock in the oven, but will take about twice as long to cook.

Curried Lentils

4 ozs. lentils.

1 large onion.

1 tablespoonful curry powder.

2 ozs. butter.

Method.—Boil the lentils till tender, in as little water as possible.

Slice the onion thinly and fry in butter till golden brown. Add curry powder and fry for 2 minutes, stirring gently. Mix with cooked lentils.

Season and serve hot.

Stuffed Onions

Number 6. Time 30 minutes in oven. Shelf 3rd.

6 onions.

4 ozs. chopped ham.

3 ozs. fresh breadcrumbs.

2 ozs. butter.

A little beaten egg.

Seasoning.

Method.—Boil the onions in their skins for about 1 hour. Drain, peel, and cut out centres. Prepare a stuffing by mixing the ham, crumbs, butter, beaten egg and seasoning. Fill in the onions, place them in a greased fireproof dish, and bake in the oven for about $\frac{1}{2}$ hour.

This method may also be used for stuffed marrow.

To Bake Potatoes in their Skins

Number 4. Time 1½–2 hours. Shelf 3rd.

Method.—Wash the potatoes and scrub thoroughly, then dry well.

Prick with a fork and then put each potato in a paper bag or wrap it securely in a piece of greaseproof paper. Bake in a slow oven for 1½–2 hours according to the size of the potatoes. Remove the paper and put each potato in the corner of an oven cloth and squeeze it gently to soften the potato and make it floury and let the steam escape.

Serve in a folded napkin.

Note.—This method keeps the skins deliciously tender and edible.

Boiled Potatoes

See Root Vegetables at beginning of Chapter.

Chipped Potatoes

Method.—Peel the potatoes and cut into chips, leave in a bowl of water for about ½ hour, drain the potatoes and dry them in a cloth. Place in a frying-basket and plunge into smoking hot fat.

Fry until just beginning to brown, shaking the basket all the time to prevent the chips sticking together. Remove from the pan and reheat the fat until smoking again. Re-fry the chips until golden brown. Drain well on soft paper, sprinkle with salt.

Creamed Potatoes

1½ lbs. potatoes.

1 teacupful milk.

3 ozs. grated cheese.

2 medium or 1 large onion.

1 teaspoonful chopped parsley.

Salt. Cayenne pepper.

Method.—Parboil the onion and chop finely. Peel and slice the potatoes, ¼ inch thick. Place potato, onion, and grated cheese in a pan, add milk and seasoning and bring to the boil. Put a lid on the pan; if not tightly fitting, cover with greased paper first. Simmer on the hot-plate or in a slow oven for 40–50 minutes. By that time the potato should have absorbed the milk. Mash with a fork, stir in chopped parsley and re-season if necessary.

Place in a greased pie dish, sprinkle with grated cheese and breadcrumbs and grill a golden brown.

Mashed Potatoes

1 lb. potatoes.
1 oz. butter.
 $\frac{1}{2}$ gill hot milk.

Salt.
Cayenne pepper.
Nutmeg.

Method.—Boil the potatoes until cooked, drain off the water and dry well over a low light. Rub through a sieve. Place saucepan over a low gas flame and melt the butter and add the sieved potatoes. Gradually beat in sufficient hot milk to make the mixture soft enough to drop easily from the spoon. Continue beating over a low light until the mixture is white and creamy. Season and serve.

Salads

Notes on the Preparation of Salad Plants

Wash all green salad plants well in salted water. Drain and lay on a cloth to dry.

In washing cress, etc., take little bunches of the leaves and hold on to them while they are being washed, then lay the bunches on a clean cloth to dry. If the small salad plants are turned into the water for washing, it is almost impossible to collect them in bunches and arrange them neatly in the salad. All green salad plants should be kept covered with a cloth and should be perfectly dry.

Never cut the lettuce—always tear it into pieces.

Skin the tomatoes by plunging them for a few seconds into boiling water and then into cold water. The skin can then be removed easily.

Salad

2 lettuce.
2 tomatoes.
Cucumber.

Small cress.
Mayonnaise or French dressing.

Method.—Prepare the salad plants, skin the tomatoes, and slice the cucumber. Tear the outer leaves of the lettuce into small shreds. Put into a salad bowl and mix with a little dressing. Arrange the best leaves of the lettuce round the dish. Decorate with tomato and cucumber and small cress.

Other salad plants can be used in exactly the same way, endive, water cress, small young cabbage leaves, etc. Hard-boiled egg, cooked fish, chicken, etc., can be added if liked.

PUDDINGS

Apple Charlotte

Number 5. Time 45 minutes. Shelf 4th.

1 lb. cooking apples.	$\frac{1}{4}$ lb. Demerara sugar.
$\frac{1}{4}$ lb. suet.	Rind of one lemon.
6 ozs. fresh breadcrumbs.	Brown breadcrumbs.

Method.—Peel, core, and cut up the apples into rather large pieces. Chop the suet finely and mix with the breadcrumbs. Grate the lemon lightly on to the sugar. Grease a pie dish and coat it with brown crumbs. Put in a deep layer of crumbs and suet, then half the apples covered with half the sugar, add another layer of crumbs and suet, the remainder of apples and sugar, and cover with crumbs and suet. Fold a greased paper over the top and bake (in a moderate oven) for $\frac{3}{4}$ hour. Turn on to a hot dish and serve.

Baked Jam Roll

Number 6. Time 35 minutes. Shelf 5th.

$\frac{1}{2}$ lb. flour	{ or $\frac{1}{2}$ lb. self-raising flour.
1 $\frac{1}{2}$ teaspoonsful baking-powder	
$\frac{1}{4}$ lb. butter.	
$\frac{1}{2}$ lb. strawberry jam.	

Method.—Sift together the flour and baking-powder—rub in the butter—mix to a soft dough with cold water. Roll out fairly thinly into an oblong. Spread with jam. Damp edges with cold water and roll up very loosely. Place on a greased baking sheet and bake for about 35 minutes at No. 6.

Batter for Pancakes and Yorkshire Pudding

$\frac{1}{4}$ lb. flour.	$\frac{1}{2}$ pint milk.
1 egg.	Pinch of salt.

Method.—Put the flour and salt into a basin. Make a hole in the centre, drop in the egg and gradually work in the milk with a whisk or wooden spoon, until a thin creamy consistency is obtained. Beat well. This batter is improved by allowing to stand for $\frac{1}{2}$ hour before being used.

TO FRY PANCAKES

Method.—When frying a number of pancakes it is convenient to have a small pan of melted lard on the side of the cooker.

Put a little melted lard in the frying-pan and heat it until it smokes. Pour in just enough batter to cover the bottom of the pan. Cook until it is a light brown on one side, toss and cook the other side, turn the pancake on to sugared paper, roll up, serve with quartered lemon. Half a pint of milk should make sufficient batter for 10–12 pancakes.

TO COOK YORKSHIRE PUDDING

Number 7. Time 40 minutes. Shelf 3rd.

Method.—Put about 2 ozs. dripping in the baking tin and put it into the oven to get smoking hot. Pour in the batter and bake in a hot oven for about 40 minutes.

Bread and Butter Pudding

Number 4. Time 30 minutes. Shelf 3rd.

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| 3 slices of thin bread | 1 tablespoonful sugar. |
| and butter. | 2 tablespoonsful sultanas |
| $\frac{1}{2}$ pint milk. | or currants. |
| 1 egg or 2 yolks. | Nutmeg (if liked). |

Method.—Grease a pie dish and put the bread and butter in it with the sultanas between the layers.

Beat the egg and sugar together and add the milk. Strain carefully into the pie dish. Grate a little nutmeg on the top and put on a few small pats of butter. Bake in a slow oven for about 30 minutes to set the custard.

Brown Pudding

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|---------------------------------|-----------------------------------|
| 1 lb. flour. | Pinch of salt. |
| $\frac{1}{2}$ lb. brown sugar. | 2 teaspoonsful (flat) |
| 6 ozs. sultanas. | bicarbonate of soda. |
| 3 ozs. clarified beef dripping. | $\frac{3}{4}$ pint boiling water. |
| Little nutmeg or spice. | |

Method.—Mix all dry ingredients and pour in the boiling water. Beat well and let it stand all night. Next day place in a greased basin and let it boil for 4 hours.

Castle Puddings

Number 5. Time 20–25 minutes. Shelf 3rd.

1 egg.	5 ozs. self-raising flour.
3 ozs. margarine or butter.	Grated rind of $\frac{1}{2}$ lemon.
4 ozs. sugar.	A little milk or water.

Method.—Cream the butter and sugar in a warm basin. When soft and white beat in the egg and add the lemon rind. Sift in the flour, and add milk to make a soft, smooth mixture.

Grease 6 small moulds and bake the mixture. Turn out and serve with jam sauce.

For Bakewell Tarts

Number 6. Time 35 minutes. Shelf 4th.

Method.—Roll out some trimmings of pastry thinly and line an enamel plate. Prick the pastry and spread a little jam in it. Fill with Castle Pudding mixture (the quantity given is sufficient for two tarts). Sprinkle a little sugar on the top. Bake on a heated cake tray.

Canary Pudding

Number 5. Time 40 minutes. Shelf 4th.

Method.—The mixture may be put into a greased 1 $\frac{1}{2}$ -pint pudding basin and covered with greased paper. It may then be baked or steamed for 45 minutes.

Christmas Pudding

$\frac{1}{4}$ lb. plain flour.	$\frac{1}{4}$ lb. mixed peel.
$\frac{1}{4}$ lb. fresh breadcrumbs.	Pinch of salt.
$\frac{1}{2}$ lb. sultanas.	Rind of $\frac{1}{2}$ lemon.
$\frac{1}{2}$ lb. raisins.	2 ozs. chopped almonds.
$\frac{1}{2}$ lb. currants.	A little grated nutmeg.
$\frac{1}{2}$ lb. Demerara sugar.	4 eggs.
$\frac{1}{2}$ lb. beef suet.	A wineglassful of brandy.

Method.—Clean and prepare the fruit. Chop the suet and peel.

Sift the flour with the salt and mix with breadcrumbs and suet. Add all other dry ingredients with the grated lemon rind and nutmeg. Beat up the eggs and stir into the dry ingredients with the brandy. Mix well but do not beat.

Fill greased basins with the mixture. Tie a prepared cloth

over and boil for 5 or 6 hours. Serve with hot or cold brandy sauce. (See Sauces.)

N.B.—The water must not be allowed to fall below boiling-point during the whole process of cooking.

The pudding-cloth should be prepared by wringing it out in boiling water and dredging the inner side with flour.

College Pudding

Number 5. Time 45 minutes. Shelf 4th.

4 ozs. self-raising flour.	1 level teaspoonful mixed spice.
4 ozs. fresh white bread-crumbs.	1 egg.
3 ozs. finely chopped suet.	$\frac{1}{4}$ pint milk.
3 ozs. brown sugar.	Grated rind of a lemon.
	3 ozs. currants.

Method.—Sift the flour and spice and rub in the suet. Add the other dry ingredients and mix well. Warm the milk (this helps to swell the crumbs) and add to the beaten egg, and stir into the dry ingredients. Half fill a greased pie dish and bake in a moderate oven. Turn out and serve with custard sauce.

Cornflour Blancmange

1 $\frac{1}{4}$ ozs. cornflour.	$\frac{1}{2}$ oz. butter.
1 pint milk.	Flavouring to taste.
1 oz. sugar.	

Method.—Mix the cornflour to a smooth paste with a little cold water. Bring the milk and flavouring to boiling-point and pour on to cornflour, stirring well. Add the sugar and return to saucepan and boil gently for at least 6 minutes, stirring constantly. Add the butter (this makes the blancmange glossy) and just before pouring into a wet mould, a tablespoonful of cold milk which helps to prevent a thick skin forming.

TO TURN OUT

Shake gently till blancmange leaves edges of mould and then turn mould on to a dish.

Chocolate Blancmange

2 ozs. grated chocolate.
Ingredients for Cornflour Blancmange.

Method.—Melt chocolate in the milk and continue as for cornflour blancmange.

Note.—If 1 oz. cocoa is used instead of chocolate add extra sugar and another $\frac{1}{2}$ oz. butter. Mix the cocoa with the cornflour.

Lemon Pudding

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| 4 ozs. white breadcrumbs. | 1 egg. |
| 2 ozs. shredded suet. | 1 oz. flour. |
| 2 ozs. sugar. | A little milk. |
| 1 lemon (rind and juice). | |

Method.—Rub the suet into the flour and add the breadcrumbs, sugar, grated lemon rind and juice. Beat the egg with about 2 tablespoonsful of milk and mix into the dry ingredients. Put into a greased basin or half fill 6 small dariole moulds, cover with a greased paper and steam for 2 hours, or for about 50 minutes in small moulds.

Queen of Puddings

Number 4. Time 30 minutes. Shelf 3rd.

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| $\frac{1}{2}$ pint milk. | 2 tablespoonsful jam. |
| 2 eggs. | Vanilla essence. |
| 2 ozs. bread or cake crumbs. | A few glacé cherries. |
| 3 ozs. castor sugar. | |

Method.—Heat the milk. Divide the whites and yolks of the eggs. Beat up the yolks of eggs and 1 oz. of sugar and add to the milk, which should be just off the boil. Strain all on to the crumbs, mix well, and flavour with vanilla. Pour the pudding into a greased pie dish and bake in a moderate oven until it is set. This will take about 15 minutes.

Whisk the whites of eggs stiffly and fold into them 2 ozs. of castor sugar to make a meringue. Spread the jam over the pudding, cover it with the meringue. Dredge with castor sugar and decorate with glacé cherries. Return to a very cool oven to brown and set the meringue. Turn the dial to 2 for setting the meringue.

VARIATIONS

Queen of puddings may be varied by flavouring it with orange, lemon or chocolate.

ORANGE OR LEMON QUEEN OF PUDDINGS

Leave out the jam and vanilla and put the grated rind of an orange or lemon into the milk before heating it.

Decorate the meringue with candied orange or lemon peel, or slices of crystallised orange or lemon.

CHOCOLATE QUEEN OF PUDDINGS

Leave out the jam and dissolve 2 ozs. of chocolate powder in the milk before making the custard.

Rhubarb Pudding

Number 5. Time 1½–2 hours. Shelf 5th.

½ lb. suet pastry (see recipe, p. 52).

2 lbs. rhubarb.

6 ozs. brown sugar.

2 ozs. butter or margarine.

Method.—Grease a pudding basin thoroughly and press on 2 ozs. brown sugar to coat the basin. Then line the basin with suet pastry. Add half the rhubarb cut up into small pieces. Add the sugar and ½ gill of water. Pile in the rest of the rhubarb and then cover over with the edges of the pastry. Cover with grease-proof paper.

Bake in a moderately hot oven, then turn out for serving.

Rice Pudding

Number 2. Time 2–2½ hours.

1½ ozs Carolina rice.

Salt.

1 pint milk.

Sugar to taste.

1 oz. butter or shredded suet.

Method.—Grease the pie dish, wash the rice thoroughly. Put in dish with salt, sugar and milk, and, if possible, allow to stand at least an hour before baking.

Put butter or suet on top, and bake very slowly for 2 hours or more.

Unpolished rice is preferable, as the polished rice lacks the essential food value found in the former.

Tapioca, Sago and Pearl Barley

1 oz. tapioca, sago or pearl barley to each pint milk.

Other ingredients as for rice pudding.

Method.—Allow to stand for several hours before baking. Cook for 1 hour or more.

Pearl barley must be blanched before using, as this removes any bitter taste.

Semolina, Crushed Tapioca and Small Grains

1 oz. grain to 1 pint milk. A little grated lemon rind.

Method.—Bring milk to boil with lemon rind and sprinkle in grain and stir till it boils again. Pour into greased pie dish and bake slowly for about 1 hour.

Ground Rice

1 $\frac{1}{2}$ ozs. ground rice.

1 pint milk.

Method.—As for Semolina.

Stewed Fruit

Syrup

$\frac{1}{2}$ pint water.

$\frac{1}{2}$ lb. sugar.

2 lbs. fruit.

Method.—Wash and prepare the fruit.

Put the sugar and water in a saucepan and bring it to the boil. Boil without a lid till it becomes slightly thick and syrupy. Put in the fruit and simmer gently with a lid on till fruit is tender. If cooked in syrup in this way the fruit is less likely to break up.

Suet Pudding or Suet Pastry

$\frac{1}{2}$ lb. flour—or $\frac{1}{4}$ lb. flour and $\frac{1}{4}$ lb. fresh breadcrumbs.

$\frac{1}{4}$ lb. chopped suet.

1 level teaspoonful baking powder.

Pinch of salt.

Water.

Method.—Sift together the flour, baking powder and salt, add the suet, mix to a dough with water.

Roll out and use as required, or put into a greased basin, cover with greased paper and steam 5 or boil 4 hours.

PASTRY

Short Pastry

$\frac{1}{2}$ lb. flour.	Salt.
2 ozs. lard.	Cold water to mix.
2 ozs. butter or margarine.	

Method.—Sift the flour and salt into a basin. Rub in the fat. Mix into a stiff paste with a little cold water. Turn on to a floured board and roll out as required.

Rough Puff Pastry

$\frac{1}{2}$ lb. flour.	1 teaspoonful lemon juice.
6 ozs. butter.	Salt.
$\frac{1}{4}$ pint water.	

Method.—Sift the flour and salt into a basin. Add the butter and break it into rough lumps about the size of a walnut. Mix to soft dough with cold water and lemon juice. Turn on to a well-floured board, roll into a strip. Fold in three. Turn the folded edges to the side and roll out again. Fold and roll twice more and the pastry is then ready for use.

Puff Pastry

$\frac{1}{2}$ lb. flour.	1 teaspoonful lemon juice.
$\frac{1}{2}$ lb. butter.	1 gill water.
Salt.	

Method.—Sift the flour and salt into a basin. Squeeze the butter in a cloth to extract all moisture, and put it in a cool place until required. Mix the flour to a soft paste with the lemon juice and water. Knead it well and roll it out into an oblong. Spread the butter over this and turn in the edges of the pastry, then fold it into three ; turn the folded edges to the side and roll out again. Fold and roll 4 times more, leaving the pastry to stand in a cool place between the rollings if it has become at all soft.

Bacon and Egg Pie

Number 6. Time 35 minutes. Shelf 4th.

$\frac{3}{4}$ lb. pastry, rough puff or 4 eggs.
short crust (see p. 53). Seasoning.
8 rashers of bacon.

Method.—Roll out half the pastry about $\frac{1}{8}$ inch thick. Line an enamel plate with it. Prepare the bacon by removing rind and bones, and cut into dice about 1 inch square. Put half the bacon on the plate. Break 4 eggs on to the bacon (keeping them whole). Season with a little pepper and salt. Put the remainder of the bacon on top. Roll out rest of paste and moisten the edge and cover the pie, pressing the two layers of paste well together. Make two or three cuts across the top and glaze with beaten egg.

Bake in a moderate oven 35–40 minutes. Serve hot or cold.

Eccles Cakes

Sufficient for 12 Cakes.

Number 7. Time 20 minutes. Shelves 2nd and 4th.

Trimnings of Puff or Rough Puff Pastry (about $\frac{1}{2}$ lb. in all).
(See recipe on p. 53.)

1 $\frac{1}{2}$ ozs. butter.

2 ozs. brown sugar.

4 ozs. currants.

1 $\frac{1}{2}$ ozs. candied peel (finely chopped).

Pinch of spice.

A little castor sugar.

A little egg or water.

Method.—Cream the butter and sugar and work in the fruit and spice.

Roll out the pastry thinly, and stamp out a dozen rounds about 5 inches across. Put a good teaspoonful of mixture in the centre of the pastry, moisten the edge with a little beaten egg or water, and cover the mixture with the edges of pastry, pressing well together. Flatten slightly with the rolling-pin and place on a baking sheet with the good side uppermost. Make two cuts across the top. Bake in a hot oven for about 20 minutes at No. 7 on the 2nd and 4th shelves. When nearly baked brush over with cold water and sprinkle with castor sugar; return to the oven for 2 minutes to set this glaze.

Fruit Pie

Number 7. Time 40-50 minutes. Shelf 4th.

2 lbs. cooking apples. Sugar to taste.
 $\frac{1}{2}$ lb. short crust pastry (p. 53).

Method.—Peel and core the apples and cut into thick pieces. Put half the fruit in a pie dish, add the sugar, and fill with the rest of the fruit, heaping it in the centre and packing it closely.

Roll out the pastry 2 inches larger than the dish, cut a strip to put on the edge of the pie dish, moisten with water, and cover with the paste, easing slightly. With a sharp knife trim the edge, and then, using the back of the knife, knock up the edges. Decorate with small flutes all round the edges and raise the pastry at both ends of the pie to allow the steam to escape.

Bake in a moderately hot oven for 40-50 minutes, reducing the heat when the pastry is set.

2 lbs. rhubarb, $1\frac{1}{2}$ lbs. plums or other fruit can be used instead of apples.

Sausage Rolls

Number 7. Time 25 minutes. Shelves 3rd and 5th.

$\frac{1}{2}$ lb. rough puff pastry (p. 53). Egg for glazing.
 $\frac{1}{2}$ lb. sausages.

Method.—Skin the sausages and divide each into about 3 portions. Roll out the pastry thinly and cut it into 9 equal sized squares. Place a portion of sausage on each square of pastry. Brush the edges with egg, roll up and seal carefully ; or, if preferred, the ends of the sausage roll may be left open. Glaze with egg and place on an ungreased baking sheet.

EGG AND CHEESE DISHES

Cheese Biscuits

Number 6. Time 10-15 minutes. Shelves 2nd and 4th.

4 ozs. plain flour.	Salt and pepper.
1 $\frac{1}{2}$ ozs. margarine or butter.	A <i>very little</i> grated nutmeg.
1 $\frac{1}{2}$ ozs. grated cheese.	Water to mix.

Method.—Sift the flour and seasoning, rub in fat. Add the cheese and rub in sufficiently to mix. Use as little water as possible to make a stiff dough. Roll out about $\frac{1}{8}$ inch thick, and cut into biscuits or fingers, and bake on a greased sheet.

This pastry may be used for Fish Pasty and other savoury dishes instead of Short Crust if preferred.

Cheese Pudding

(Sufficient for 4 people.)

Number 6. Time 30 minutes. Shelf 3rd.

1 $\frac{1}{2}$ ozs. grated cheese.	$\frac{1}{2}$ pint milk.
2 ozs. fresh breadcrumbs.	Salt and cayenne pepper.
1 egg.	Nutmeg.
1 oz. butter.	

Method.—Heat the milk. Add the butter, and when melted, add crumbs. If possible allow to stand till cold, then add cheese, yolk of egg, and seasoning.

Whip the white of egg stiffly and fold it into the mixture.

Pour into a well-greased pie dish and bake.

Eggs with Cheese Sauce

4 poached eggs.
 $\frac{1}{2}$ pint coating cheese sauce (see Variations on White Sauce, p. 37).
1 oz. finely grated cheese.
1 teaspoonful oiled butter.

Method.—Put a little hot sauce into a hot gratin dish or shallow pie dish, put the hot poached eggs on it and coat with the remaining sauce. Sprinkle thickly with grated cheese and drip the oiled butter on the top. Brown lightly under a hot griller.

This may be prepared using sliced hard-boiled egg instead of poached eggs.

To Poach Eggs

Method.—Half fill a frying-pan with water, add a good pinch of salt, and bring the water to the boil. When boiling, stir the water vigorously with a fork, and while it is still moving fast, break in the required number of eggs, allowing one egg to set before the next one is added. The motion of the water helps to prevent the white spreading.

Baste the eggs with the water and cook for 3-3½ minutes.

Drain well and serve on hot buttered toast.

Scrambled Eggs

2 eggs.

1 oz. butter.

2 tablespoonsful milk.

Seasoning.

Method.—Beat the eggs with the milk and seasoning. Melt the butter in a thick saucepan, and when it is hot pour in the eggs.

Cook over a low flame and stir with a fork or wooden spoon. Pour the mixture, which should be only slightly set, on to hot buttered toast and serve at once.

Savoury Scrambled Eggs

1. *With Tomato.*

Skin a tomato.

Chop coarsely and heat and cook lightly in the butter before putting in the eggs.

2. *With Anchovies and Capers.*

Cut two filleted anchovies into strips and heat them with half a dozen capers.

Garnish the top of the scrambled eggs (which should be very lightly seasoned).

3. *With Asparagus tips or cooked Mushrooms.*

Heat separately and add just before serving.

CAKES AND BREAD

How to make Really Good Cakes

All the cake tins should be greased evenly. Before using a new tin it must be seasoned—grease it and put it into a moderately hot oven for about 20 minutes—then wipe it out with soft paper. Never wash a cake tin unless it becomes very sticky. If you bake cakes in a bright new tin without seasoning it, they will probably stick to the tin or else not bake properly.

The most important part of cake making is to get the consistency of the mixture just right. If you are using a “rubbed-in” mixture it should be like a soft scone mixture. A creamed cake must be soft enough to drop easily from a spoon. A sponge cake should pour from the basin to the cake tin like a thick cream.

If you are making a cake with a lot of fruit in it, the mixture must not be as soft as you would use for a plain cake, otherwise the fruit will all fall to the bottom, but if the mixture is too thick, then the cake will turn out dry and heavy.

When making a “rubbed-in” mixture, the fat must be well rubbed into the flour before adding sugar, and the eggs must be thoroughly beaten up before mixing with the dry ingredients. Mix the whole cake together but do not beat it.

The success of a creamed cake depends largely on the way the butter and the sugar are creamed together before beating in the eggs. These must be added to the creamed mixture one at a time, and each egg well beaten in before the next is added. Then sift in the flour and fold all the mixture together, but do not beat the cake mixture after you have added the flour.

Sponge cakes depend for their lightness on the air which is beaten into the eggs and sugar, therefore great care should be taken that when the flour is added it is only folded or cut into the mixture, and that the folding is ceased immediately all the dry flour has been absorbed.

It is easy to bake cakes perfectly in the automatically controlled oven. You simply have to set the dial at the number shown on the recipe and leave the cake to bake itself. The results will please you.

Foundation Recipe for Small Cakes

Sufficient for 18–24 small cakes.

Number 6. Time 15–20 minutes. Shelves 3rd and 5th.

2 eggs.	4 ozs. flour.
4 ozs. butter.	1 level teaspoonful baking
4 ozs. castor sugar.	powder.

Method.—Cream butter and sugar. Beat in eggs one at a time. Sift in flour and baking powder. Mix all lightly together. Bake in small, greased tins.

This foundation recipe may be varied by the addition of one of the following—to be added with the flour.

CHERRY CAKES. 3 ozs. chopped cherries.

SULTANA CAKES. 2 ozs. sultanas.

WALNUT CAKES. 2 ozs. chopped walnuts.

GINGER CAKE. 2 ozs. chopped crystallised ginger.

ORANGE CAKES. Grated rind of 1 small orange. 1 teaspoonful orange juice.

CHOCOLATE CAKES. 1½ ozs. chocolate dissolved in 1 tablespoonful of milk.

Bread

Heat at Number 12 for 15 minutes. Bake at Number 6. Time 1 hour.

3½ lbs. flour.	3½ teaspoonsful salt.
1 oz. yeast.	1 teaspoonful sugar.
1¾ pints water.	

Method.—Put the flour and salt into a basin. Cream together the yeast and sugar, and add the water which must be just tepid. Make a well in the centre of the flour and strain in the yeast and water. Sprinkle over a little flour from the sides of the basin, and then leave it in a warm atmosphere for about 20 minutes, or until little bubbles begin to appear on the top of the liquid. Then work in all the flour and knead the mixture well. This works the yeast evenly into the flour and produces an even textured loaf. Cover the basin with a damp cloth—this prevents the top of the dough from becoming dry—and leave to rise for about 2 hours or until it has increased to about double the quantity. Turn the dough on to a floured board, knead it a little, and divide it into loaves (2 half-quartern). Work each loaf until the dough is smooth and shows no cracks, and put it into a greased and floured tin. Cut or prick the top and leave the loaves in a warm place to prove for about ½ hour or until the dough has risen to the top of the tin. Heat the oven with the dial at

No. 12 for 15 minutes, then turn the dial to No. 6, and put the loaves in on the 4th runner and bake for 1 hour.

Bread should be made in a warm room, and everything should be kept at about body temperature. Cold retards the working of the yeast and excessive heat kills it.

Note.—When making bread for the first time it is advisable to use only 1 pint of water when setting the sponge, using as much of the remainder as the flour will take when mixing the dough. Flours vary in quality, and some will take more liquid than others.

Christmas Cake

Heat at Number 4 for 15 minutes ; turn to Number 3 to bake. Time 4 hours. Shelf 5th.

8 ozs. butter.	2 tablespoonsful brandy.
8 ozs. castor sugar.	$\frac{1}{2}$ lb. currants.
5 eggs.	$\frac{1}{2}$ lb. sultanas.
10 ozs. plain flour.	$\frac{1}{4}$ lb. muscat raisins.
1 level teaspoonful baking powder.	$\frac{1}{4}$ lb. candied peel.
Pinch of salt.	2 ozs. glacé cherries.
	2 ozs. almonds.

Method.—Grease a cake tin, 8–9 inches across, and line it with one thickness of greaseproof paper, and grease it.

Prepare the fruit, blanch the almonds, wash and dry the currants and sultanas, chop the peel, raisins, cherries and almonds.

Warm the sugar in the oven for a few minutes, then put into a large basin and add the butter. Beat together till very soft and creamy, then add the eggs one at a time, beating each one in thoroughly before adding the next. It requires at least 15 minutes beating in all, and this is most easily done with the hand, or a large wooden spoon.

Mix in the fruit, and lastly the flour, and brandy, if used.

If liked, the cake can be left overnight before baking, as this allows the fruit to swell in the mixture.

Fruit Cake

Number 4. Time 1½ hours. Shelf 5th.

4 ozs. butter.	2 eggs.
4 ozs. castor sugar.	8 ozs. plain flour.
1 heaped teaspoonful baking powder.	4 ozs. sultanas.
4 ozs. currants.	Pinch of salt.

Method.—Cream the butter and sugar in a warm basin till very soft. Beat in the eggs one at a time, adding a little flour with

the second. Mix in the fruit, and lastly sift in the flour, baking powder and salt. Mix lightly. Put into a greased cake tin (6-7 inches across) and bake.

Gingerbread

Number 3. Time $1\frac{3}{4}$ hours. Shelf 4th.

- | | |
|--|--------------------------------|
| 12 ozs. flour. | 1 flat teaspoonful bicarbonate |
| $\frac{1}{2}$ lb. treacle or golden syrup. | of soda. |
| $\frac{1}{4}$ lb. lard. | 2 eggs. |
| $\frac{1}{4}$ lb. brown sugar. | 4 tablespoonsful milk. |
| 2 teaspoonsful ginger. | |

Method.—Melt together the sugar, lard and treacle. Sift the flour, soda and ginger into a basin. Add the melted treacle, etc., mixed with the beaten eggs. Mix to a batter consistency, adding milk if necessary. Bake in a greased meat tin, size 10 inches by 8 inches.

Gingerbread (plain)

Heat at Number 5. Cook at Number 4. Time $2\frac{1}{4}$ hours. Shelf 4th.

- | | |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ lb. flour. | 1 $\frac{1}{2}$ gills milk. |
| 2 ozs. lard. | 1 flat teaspoonful bicarbonate |
| $\frac{1}{4}$ lb. brown sugar. | of soda. |
| $\frac{1}{4}$ lb. golden syrup. | 1 heaped teaspoonful ginger. |

Method.—Sift together the flour, ginger and soda. Rub in the lard. Add the sugar, mix to a thick batter with the milk and golden syrup, beat well. Put into a greased 7-inch or 8-inch cake tin, having a lining of greased paper in the bottom of the tin, and bake.

Lunch Cake

*Heat at Number 5. Cook at Number 4. Time $1\frac{3}{4}$ hours.
Shelf 4th.*

- | | |
|-----------------------------|----------------------|
| 8 ozs. plain flour. | 5 ozs. castor sugar. |
| 1 heaped teaspoonful baking | 3 ozs. sultanas. |
| powder. | 2 ozs. mixed peel. |
| Pinch of salt. | 2 eggs. |
| 5 ozs. butter. | |

Method.—Sift the flour, salt, and baking powder. Rub in the butter very well, add the sugar and rub in for a minute. Add the fruit. Beat the eggs well, and mix with the flour to make a stiff dough, without adding any milk or other liquid. Bake in a greased and lined cake tin 6-7 inches across.

This cake keeps very well for several weeks if required.

Madeira Cake

Number 4. Time $1\frac{1}{4}$ hours. Shelf 5th.

8 ozs. self-raising flour,	5 ozs. castor sugar.
or 8 ozs. plain flour and 1 heaped	Pinch of salt.
teaspoonful baking powder.	3 eggs.
4 ozs. butter or margarine.	2 thin slices of citron peel.

Method.—Cream the butter and sugar in a warm basin till quite soft and white. Beat in the eggs one at a time, adding a teaspoonful of flour with each egg. Sift in the flour, baking powder and salt and stir in lightly.

Bake in a tin (6–7 inches across) lined with greased paper. Before putting into the oven sprinkle the top of the cake lightly with castor sugar and put the peel on top.

Plain Cake

Number 5. Time $1\frac{1}{4}$ hours. Shelf 5th.

8 ozs. self-raising flour,	1 egg.
or 8 ozs. plain flour and 1 heaped	About 4 tablespoonsful milk.
teaspoonful baking powder.	Pinch of salt.
3–4 ozs. margarine or butter.	6–8 ozs. mixed fruit.
4 ozs. granulated sugar.	

Method.—Sift the flour and salt. Rub in the fat thoroughly, add the sugar and fruit. Beat the egg and mix everything together to a fairly stiff dough.

Bake in a greased cake tin (6–7 inches across).

Cocoanut Cake

2–3 ozs. desiccated cocoanut may be substituted for the mixed fruit in the above recipe.

Quaker Oat Macaroons

Sufficient for 18–24 macaroons.

Number 5. Time 20 minutes. Shelves 3rd and 5th.

4 ozs. butter.	8 ozs. Demerara sugar.
6 ozs. rolled oats.	1 small egg.
(2 ozs. shelled walnuts or	Pinch of salt.
almonds—coarsely chopped).	

Method.—Put the butter and sugar into a saucepan and melt slowly. Remove from the gas, and work in the rolled oats and

nuts. Beat the egg and add gradually (as it may not all be required) till the mixture binds together but is not soft.

Put small portions (about a dessertspoonful) on to greased baking sheets, and bake in a moderate oven for about 20 minutes.

Queen Cakes

Sufficient for 24 cakes.

Number 6. Time 20 minutes. Shelves 3rd and 5th.

- | | |
|---|--|
| 4 ozs. butter or margarine. | 1 $\frac{1}{2}$ ozs. glacé cherries (cut in quarters). |
| 5 ozs. castor sugar. | 1 $\frac{1}{2}$ ozs. sultanas. |
| 6 ozs. plain flour. | 1 oz. chopped candied peel. |
| 1 small heaped teaspoonful baking powder. | A little milk. |
| 2 eggs. | Pinch of salt. |
| Grated rind of $\frac{1}{2}$ lemon. | |

Method.—Cream the butter and sugar in a warm basin and when quite soft and white add the eggs one at a time, beating each in well. Mix in the fruit and lemon rind, then sift in the flour and baking powder and stir in lightly. Add some milk if too stiff. Put into greased patty pans or paper baking cakes and bake.

This mixture may be varied in the same way as the foundation recipe for small cakes by substituting walnuts, ginger, etc. for the fruit and lemon rind.

Rock Cakes

Sufficient for 15–18 cakes.

Number 7. Time 20 minutes. Shelves 2nd and 4th.

- | | |
|----|--|
| { | 8 ozs. plain flour. |
| | 1 heaped teaspoonful baking powder. |
| or | 8 ozs. self-raising flour. |
| | Pinch of salt. |
| | 3 ozs. dripping or margarine and lard. |
| | 3 ozs. Demerara sugar. |
| | 3 ozs. mixed fruit. |
| | A pinch of mixed spice or ground ginger, if liked. |
| | 1 egg. |
| | About 2 tablespoonsful milk. |

Method.—Sift the flour, baking powder, salt and spice. Rub in the fat thoroughly, add the sugar, and rub a little more to mix well. Add the prepared fruit. Beat the egg with the milk and work into the flour, using just enough to make a *stiff* dough. Put small heaps of mixture on to greased baking sheets, sprinkle a very little brown sugar over each and bake.

Rich Rock Cakes

Sufficient for 15-18 cakes.

Number 7. Time 20 minutes. Shelves 3rd and 5th.

8 ozs. plain flour.
 1 heaped teaspoonful baking powder.
 4 ozs. butter.
 3 ozs. castor sugar.
 5 ozs. mixed fruit (peel, sultanas, and currants).
 Pinch of salt.
 1 egg and a little milk,
or 2 small eggs.

Method.—As for Rock Cakes.

Sponge Cakes

2 eggs.	$\frac{1}{4}$ teaspoonful baking powder.
Their weight in sugar.	2 tablespoonsful hot water.
$3\frac{1}{2}$ ozs. flour.	

Method.—Put the eggs into a basin and beat them a little. Add the sugar and beat over a saucepan half-full of steaming water until the mixture is thick and creamy. Lift basin from pan and continue whisking till cold. Remove the whisk, sift in the flour and baking powder. Add the water and fold everything together with a metal spoon. Pour into a well-greased tin and bake according to instructions.

Sponge Sandwich

Number 6. Time 15-20 minutes. Shelves 3rd and 5th.

This mixture will fill two 6-inch sandwich tins.

Swiss Roll

Number 8. Time 10 minutes. Shelf 2nd.

Method.—This mixture will fill the tin provided with the cooker which should be greased and lined. As soon as the Swiss Roll comes out of the oven, turn it on to sugared paper, spread it with warm jam, trim off the sides and roll it up in the paper. Hold in position for a minute, then remove the paper and sprinkle the roll with sugar.

Large Sponge Cake

Number 3. Time 1 hour. Shelf 4th.

This mixture may be baked as a large cake in a 5-inch cake tin. Bake for 1 hour.

Victoria Sandwich

Number 5. Time 25-30 minutes. Shelves 3rd and 5th.

2 eggs.

3 ozs. butter.

4 ozs. sugar.

5 ozs. self-raising flour.

or 5 ozs. plain flour and 1 small teaspoonful of baking powder.

Method.—Cream together the butter and sugar. Beat in the eggs one at a time. Sift in the flour (and baking powder unless self-raising flour is used). Stir lightly into the mixture. Bake in two greased 7-inch sandwich tins on the 3rd and 5th runners for 15 minutes, then reverse the position of the tins and bake for a further 10-15 minutes.

Plain Scones

Number 9. Time 10 minutes. Shelves 2nd and 4th.

$\frac{1}{2}$ lb. flour.

$1\frac{1}{2}$ ozs. fat.

$\frac{1}{2}$ teaspoonful salt.

About $\frac{1}{4}$ pint milk.

1 small heaped teaspoonful cream of tartar.

1 small flat teaspoonful bicarbonate of soda.

Method.—Sift together the flour, salt, soda and cream of tartar. Rub in the fat. Mix to a very soft dough with the milk. Turn on to a well-floured board and roll out lightly to about $\frac{1}{2}$ inch thick. Cut into rounds or triangles and bake in a very hot oven for about 10 minutes, according to size and thickness.

VARIATIONS USING THE ABOVE RECIPE

$1\frac{1}{2}$ ozs. sugar.

$1\frac{1}{2}$ ozs. sultanas or any other fruit.

1 egg and less milk may be used for mixing.

1 tablespoonful of golden syrup may be added with the milk.

} May be added and only
} a pinch of salt used.

Glazing

Method.—The scones may be painted over with a little milk or beaten egg before being cooked, or for sweet scones 1 tablespoonful of milk and 1 tablespoonful of sugar may be mixed together and boiled and the scones painted with this when they are cooked, and then put back into the oven for 2 minutes for the glaze to set.

Potato Scones

Number 8. Time 10 minutes. Shelves 2nd and 4th.

1 lb. cold potato.

6 ozs. flour.

2 ozs. butter.

Salt.

2 teaspoonsful baking powder.

A little milk to moisten.

Method.—Rub the potatoes through a wire sieve. Add the baking powder and salt to the flour, sift and rub in the butter. Mix flour, etc., with the potatoes. Moisten with a little milk, and knead into a firm paste. Roll out about $\frac{1}{2}$ inch thick, and cut into rounds with a cutter. Cook on baking sheet in a hot oven or on the girdle.

When cooked, split and butter and serve hot.

Syrup Scones

Number 8. Time 10–15 minutes. Shelf 3rd.

$\frac{1}{2}$ lb. flour.

$\frac{1}{2}$ teaspoonful bicarbonate of soda.

$\frac{1}{2}$ teaspoonful cream of tartar.

2 ozs. butter.

Salt.

Milk and water to mix.

$\frac{1}{4}$ lb. golden syrup and treacle mixed.

Method.—Melt the syrup, treacle and butter. Sift the dry ingredients. Add a little milk to the warm syrup and fat, to cool slightly. Mix all to a soft dough, adding more milk if required. Roll about $\frac{3}{4}$ inch thick in two rounds, cut in sections and bake.

Soda Bread

Number 9. Time 10 minutes. Shelf 2nd.

$\frac{1}{2}$ lb. flour.

1 level teaspoonful cream of tartar.

$\frac{1}{2}$ teaspoonful salt.

$\frac{1}{4}$ pint sour milk.

1 level teaspoonful soda.

Method.—Sift together the dry ingredients. Mix to a very soft dough with sour milk. Knead lightly on a well-floured board and cut into two triangles about $\frac{3}{4}$ inch thick.

Bake at No. 9 for 10 minutes, or the soda bread may be cooked on a hot girdle.

Note.—If sour milk is unobtainable, use double the quantity of cream of tartar.

If buttermilk can be obtained, this is the best thing to use, and then the cream of tartar can be left out altogether.

Wholemeal Baking Powder Bread

Number 9. Time 12 minutes. Shelf 3rd.

2 ozs. white flour.	6 ozs. wholemeal flour.
1 oz. fat.	1 gill milk.
1 large heaped teaspoonful baking powder.	Pinch of salt.

Method.—Mix flour, salt, sugar, and baking powder, rub in the fat, mix to a soft paste with the milk, turn on to a floured board, and form into 8 rolls. Place on a floured baking sheet and bake for about 12 minutes in a moderate oven.

This mixture may be baked in a tin, in which case it will require 45–50 minutes to cook.

Yorkshire Tea Cakes

(Sufficient for 2 in 6-inch cake tins.)

Number 7. Time 15–20 minutes. Shelf 3rd.

12 ozs. flour.	1 oz. butter.
Pinch of salt.	1 egg.
$\frac{1}{2}$ oz. yeast.	1 $\frac{1}{2}$ gills milk.
Teaspoonful castor sugar.	

Method.—Sift the flour with the salt into a warm basin. Melt the butter in a stewpan, add the milk and warm it. Cream the yeast and sugar and pour on the milk and butter. Strain on to the flour. Add the beaten egg and mix well. Turn on to a floured board and divide into two. Half fill greased and floured tins with the dough. Stand in a warm place to rise for about an hour. Bake in a moderately hot oven.

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Bread and Butter Pudding	47	Green Pea Soup	14
Bread Sauce	38	Green Vegetables	41
Brown Pudding	47	Herrings—Stuffed and Baked	18
Brown Sauce	36	Hints on cleaning the Cooker	10
Canary Pudding	48	Hints on Use of the Cooker	5
Castle Puddings	48	Hollandaise Sauce	37
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Celery	43	Horse-radish Sauce	38
Cheese Biscuits	56	Hot Pot	29
Cheese Pudding	56	How to use Oven	8-9
Cheese Sauce	37	Irish Stew	30
Cherry Cakes	59	Kedgeriee	21
Chocolate Blancmange	49	Kippers	19
Chocolate Cakes	59	Lemon Pudding	50
Christmas Cake	60	Lentils—Curried	43
Cocoanut Cake	62	Lentil Soup	14
Cod and Bacon	18	Liver and Bacon	30
College Pudding	49	Liver—Stuffed and Baked	31
Cornflour Blancmange	49	Lunch Cake	61
Cornish Pasties	28	Macaroni Fish Pie	21
Croquettes	28	Mackerel and Tomatoes	19
Curried Lentils	43	Madeira Cake	62
Curry	29	Marrow	42
Eccles Cakes	54	Meat or Fish Mould	20
Egg and Breadcrumb Coating	17	Melted Butter Sauce	39
Egg Sauce	37	Milk Puddings	51
Eggs		Milk Soup	14
Poached	57		
Scrambled	57		
With Cheese Sauce	56		

Mint Sauce	39	Scrambled Eggs	57
Mustard Sauce	37	Semolina Pudding	51
Mutton Broth	15	Shepherd's Pie	32
Mutton Stew	31	Short Pastry	53
Onions—Stuffed	43	Smoked Haddock	18
Orange Cakes	59	Soda Bread	66
Pancakes—Batter	46	Soft Roes	19
Pastry—		Some little-known fish	16
Puff Pastry	53	Spinach	42
Rough Puff Pastry	53	Sponge—	
Short Pastry	53	Cakes	64
Plain Scones	65	Sandwich	64
Poached Eggs	57	Swiss Roll	64
Potatoes—		Steak and Kidney Pie	33
Baked	44	Steak and Kidney Pudding	34
Boiled	41	Steaming	27
Chipped	44	Stewed Fruit	52
Creamed	44	Stewed Rabbit	32
Mashed	45	Stewed Steak	32
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Potato Scones	66	Stock	12
Puff Pastry	53	Suet Pudding	52
Quaker Oat Macaroons	62	Suggested Menus	6
Queen Cakes	63	Sultana Cakes	59
Queen of Puddings	50	Sultana Scones	65
Rechauffés	26	Syrup Scones	66
Rhubarb Pudding	51	Tapioca	51
Rice Pudding	51	Toad-in-the-Hole	34
Roasting	26	Tomato Soup	13
Rock Cakes	63-64	Tripe and Onions	35
Roes on Toast	19	Veal and Ham Pie	35
Roman Pie	31	Veal Stuffing	40
Root Vegetables	41	Vegetable and Barley Broth	15
Rough Puff Pastry	53	Victoria Sandwich	65
Sage and Onion Stuffing	40	Walnut Cakes	59
Salads	45	White Sauce	37
Sausage Rolls	55	Wholemeal Baking Powder	67
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